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Issue No 97
Available from Wednesday,
July 22, 2009

NHS

Eastern and Coastal Kent

protect...



you and...



your family



for summer...

50
top
tips

stay safe for summer

SPENDING TIME OUTDOORS IS A GREAT WAY TO REVITALISE BODY AND SOUL. HERE ARE YOUR HEALTH'S TOP **50** TIPS ON HOW TO DO IT SAFELY

Stay safe in the sun

As soon as the warm weather arrives we all want to go out and enjoy it – and why shouldn't we? We all spend far too much time in air conditioned offices gazing wistfully out of the window.

But whether we are enjoying some sun in the Med or in our back garden we still need to protect ourselves.

Skin cancer is one of the most common cancers in the UK. Right now, around 1,700 people are being treated for malignant melanoma and other skin cancers in the eastern and coastal Kent region.

Most skin cancers are caused by damage from sunburn and could easily be prevented.

1. Apply sunblocks or sunscreens with high sun protection factors (at least factor 15).
2. Take extra care with children – use factor 30 plus. For babies use factor 50 plus.
3. Apply generously and reapply frequently, especially after activities such as swimming or towelling.
4. Wear a wide-brimmed hat to reduce exposure to the face, eyes, head and neck.
5. Limit the amount of time you spend in the sun, particularly between 11am and 3pm.

6. Cover skin with clothing giving good protection - examples are long sleeved shirts and loose clothing with a close weave.
7. Seek shade, but remember sunburn can occur even when in partial shade or when cloudy.
8. Wear wrap-around sunglasses.
9. Remember certain prescribed drugs, medicines, foods, cosmetics and plant materials can also make people more sensitive to sunlight.

Coping with sunburn

Sunburn is when your skin overheats and becomes red and painful and may later peel or blister.

If you get sunburn:

- Cool the skin down by dabbing it with a cool, wet towel or tissue.
- If really bad, take a quick cold shower.
- Don't go back into the sun until you've healed.
- Drink plenty of fluids to replace the water lost through sweating and to cool down.
- Apply calamine or after-sun lotion.
- For adults, painkillers such as paracetamol or ibuprofen can help relieve pain and reduce swelling.

Be prepared for a heatwave

IT'S not just the sun that can be our foe as well as our friend. Continued humidity, especially during a heatwave, can be dangerous too.

The heat can affect anyone, but some people run a greater risk of serious harm, especially the very young, older people and those with serious illnesses.

It can make heart and respiratory problems worse and in extreme cases can lead to heat stroke, which can be fatal.

To stay safe:

10. Keep an eye on children, vulnerable friends and neighbours.
11. Keep plenty of water to hand and stay in the shade where possible.
12. Shut and shade windows when it is hotter outside and open them for ventilation when cooler.
13. Avoid doing things that need lots of effort like sport, DIY or gardening.
14. People with serious health problems (for example heart conditions), should avoid going out in the heat, especially between 11am and 3pm.

15. Drink cold drinks like water or fruit juice regularly and avoid tea, coffee and alcohol.

16. Stay tuned to the weather forecast and plan ahead with supplies – think of elderly neighbours who may need help with supplies.

17. Identify the coolest room in the house to cool down or sleep in.

18. People with respiratory problems should stay inside during the hottest part of the day.



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THE NEWSPAPER FOR DOVER AND THE SURROUNDING VILLAGES

JOBS...

Helping you make
the right choice

PAGES 45-48



MOTORING...

Kia's little gem
has got more Soul

PAGES 41-44



SPORT...

Round-up of all
the local action

PAGES 50-51



BLÉRIOT WEEKEND'S £1M BOOST TO PORT

WHAT'S ON & WATCH

yourkenttv.co.uk



HIGH-FLIER: So much to enjoy at the Blériot celebrations this weekend. Search 'Blériot'

ALSO INSIDE

COMPETITION PAGE 15
LETTERS PAGES 16-17
LEISURE PAGES 20-32
PROPERTY PAGES 33-39

ISSN 1753-115-2



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CHANNEL FIT FOR HEROES

Members of the Battle Back team get ready to take part in a 22-mile relay race across the Channel as part of a programme to offer training and sports opportunities to injured soldiers. Guardsman Scott Blaney of the Grenadier Guards, who lost a leg in an explosion in Afghanistan two years ago, and Senior Aircraftsman Mike Goody, who suffered shrapnel wounds to his leg last October, were part of a six-man team which set off from Dover harbour on Monday night.

• FULL STORY ON PAGE 3

■ BY GARETH DORRIAN

CENTENARY celebrations to commemorate a pioneering airman could parachute almost £1 million into the Dover economy.

Dover 2009's Blériot – The Celebration is set to draw thousands of people to the town for a dizzying two days of daredevil flying and family fun this weekend.

Hotels, restaurants and shops are set to reap the rewards as flying fans flock to Kent.

District council leader Paul Watkins said: "We think about 35,000 people will come to Dover for the Blériot celebration.

"It's going to be a terrifically exciting weekend. This event has international pedigree and the local economy will benefit greatly. For a few days Dover will become the focus of attention. It will create a phenomenal sum for the town."

Chief executive Nadeem Aziz echoed the council leader's hopes. He said: "Weather permitting, Dover will be absolutely rammed with flying enthusiasts. People from all over the world are coming to stay and spend money.

"It's hard to estimate how much will be made for the local economy, but if you think about when the golf Open was at Sandwich a few years back, more than 300,000 people came to the region.

"A study was done about how much was spent and it was nearly £70 million. Obviously, Blériot is a much smaller event, but our hotels and restaurants will do great business. People who live in the area will benefit because there

CONTINUED ON PAGE 3

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TOP TV CLIPS



1 Dolly Rockers brought some glamour to the weekend's Thanet Pride event in Margate. **Search 'Dolly'**



2 Joanna Lumley was guest of honour when the Gurkhas were given the Freedom of Folkestone. **Search 'Joanna'**



3 First Battalion The Princess of Wales's Royal Regiment march through Canterbury on Saturday. **Search 'soldiers'**

SEE OUR SISTER PAPERS **KENT ON SUNDAY** AND THE **SATURDAY EDITION** FOR ALL THE WEEKEND'S COUNTY NEWS AND SPORT

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New port exit road opens in time for peak holiday traffic

■ BY JAMES ALEXANDRE

A NEW exit road which will speed up traffic leaving the port and save hauliers up to £12,000 has opened in time for the peak holiday season.

Freight traffic heading for the A20 will see average peak exit times slashed from just under nine minutes to a little over one-and-a-half minutes.

Ferry passengers will also see improvements with exit times up to four times faster than the current five minutes, to just under one-and-a-half minutes.

The 200-metre slip road has one lane of traffic feeding into the near-side lane of the A20 westbound carriageway and more than 70,000 passengers were expected to pass through the port last weekend.

Dover Harbour Board chairman Robert Dibble officially opened the £4.5 million project on Thursday and was joined by Radio 2's Sally Boazman, better known to listeners as Sally Traffic, as well as representatives from ferry and haulage companies.

Mr Dibble said: "The new exit road will deliver dramatic improvements for passenger and freight traffic and has been completed on time and on budget ahead of one of our busiest weekends.

"The opening of the road is a key milestone in our ambitious plans for redeveloping the Port of Dover, which will ensure we remain robust and well positioned to deal with increasing demand and at the centre of the movement of goods and mate-

rials that are the lifeblood of UK plc."

Sue Mackenzie, P&O Ferries' ports director said: "We hope the exit road will make a huge difference to the experience of our customers by making their transit through the port smoother and faster."

Robin Wilkins, SeaFrance's managing director, said: "Customers are increasingly demanding easy access and exit from the port to complement the high quality of ferry travel today.

"The new exit system is a great improvement and will ensure Dover remains the preeminent port for crossing the Channel."

The new road is another step in the redevelopment of the Port of Dover, which also aims to create jobs and attract investment in the town as well as improving the waterfront.

Don Armour of the Freight Transport Association said: "The inauguration of the new link road is good news for road freight operators, saving them about £12,000 a day.

"It will also mean that lorries will no longer be idling in queues and sending emissions into the air and over the town to the same extent, so residents will benefit too."

The £12,000 figure is based on 3,500 HGVs leaving the port daily and saving an average of five minutes each, at an operating cost of £40 per hour.

The opening comes just as the port is in one of its busiest months of the year. During July 19-20 last year, 70,354 passengers came through while 88,230 used it the following weekend.

Weddings at castle to end in September

MONEY problems have pulled the plug on weddings at one of Kent's most picturesque venues.

Wedding celebrations will no longer be heard at Dover Castle after English Heritage announced it was scrapping private functions at the site. Bookings for the summer season will go ahead as planned, but after September anyone hoping to hold a landmark event in ancient surroundings will have to look elsewhere.

Deal and Walmer castles are also included in the pull-out.

A Dover Castle source said: "It's really sad as the three castles are beautiful places to hold a wedding or a special party. English Heritage has been doing a nationwide survey and the feeling is we've been spreading ourselves too thin at many sites."

Nikos Theo is an Ashford-based photographer, specialising in capturing the biggest day in many couples' lives. He said: "I've done dozens of weddings at all three castles and when I heard the news, I thought it was very sad.

Beautiful

"It's the history that make them so special. I can remember the last time I did one at Dover. It was a very grand affair. Fireworks were launched from a rooftop, members of the wedding party strolled around with canapés and the night was lit by torches. It was beautiful."

Mr Theo said recent wedding fairs at Dover Castle had been poorly advertised. He added that staff at the venue had privately told him how disappointed they were with the decision to ditch weddings.

An English Heritage official confirming the trio of castles would no longer offer weddings or corporate functions, an English Heritage official said: "This was a difficult decision and not taken lightly.

"Our hospitality programme must be commercially viable and this was not the case at Walmer Castle or Deal Castle.

"A thorough analysis made it clear that we couldn't justify continuing the hospitality programme there. We will honour bookings for the summer season."

The Licensing Act 2003 relaxed rules about where civil ceremonies – traditionally staged in churches or register offices – could be held.

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So, do they call Marseille the Dover of the Mediterranean?

■ BY GARETH DORRIAN

SUN-KISSED Dover with its busy ferry terminals, splendid coastline and awe-inspiring cliffs has been labelled “the new Marseille” in a credit crunch-inspired survey.

Research shows more people than ever are watching what they spend and turning their backs on expensive Mediterranean holidays in favour of the homegrown exotica of one of Kent's favourite coastal towns.

Traditional holiday destinations such as the Costa del Sol and French Riviera are going out of fashion, a poll of this year's favourite hot-spots has shown.

Hotel chain Premier Inn claims as many as one in five British holidaymakers are opting for closer-to-home destinations.

A spokesman said: “Dover really is the new Marseille. Both are major ports and attract thousands of people to catch a boat. The only difference with Dover is that there are probably not as many yachts. But no one can argue with Dover's beautiful cliffs, its importance to Europe and its long and turbulent history.”

Historically, Dover and Marseille have been major ports of their respective empires, key landing sites for globe-conquering fleets. They remain extremely important locations for the French and British economies.

Both are considered main entry points for immigrants, too, the spokesman said.

Travel expert Felice Hardy said: “The recession has made people think twice about heading abroad. Luckily, there's so much to do on



VIVE LA DIFFERENCE: Credit-crunched holidaymakers might be foregoing the charms of Marseille (above) in favour of destinations closer to home, including the Dover area

your doorstep. Britain has just as much to offer as places abroad. Last month there was more rain in Puglia, Italy, than there was in Petersfield, Hants, so it proves that it is possible to have just as much fun holidaying at home as abroad – and it'll cost half the price.”

Dover District Council's economic chief, Frederick Scales, said: “Although the similarities with Marseille are not necessarily immediately obvious, we certainly do have an important port and a wealth of history, and White Cliffs Country continues to provide a

warm welcome to all visitors, including those from the UK who may be looking to holiday closer to home this year.”

We compared Dover and Marseille to see how they match up.

Dover, population 29,000, has an average summer temperature of 21°C and a winter low of 1°C. Marseille has about 840,000 people, with an average summer high of 28°C and a chilly winter low of 3°C. Marseille is the oldest settlement in France, thought to have existed for almost 30,000 years. Dover's history as a

port stretches back many hundreds of years.

Both have football teams, and both – Dover Athletic and Olympique de Marseille – play in white. Crabble has a capacity of 6,500. Olympique de Marseille play at Stade Velodrome and can accommodate 10 times as many fans.

Marseille have been French league (Ligue 1) champions eight times, won the Champions League final in 1993 and were Uefa Cup runners-up twice. Dover Athletic's biggest achievement was coming sixth in the Conference in the 1999-2000 season.

Blériot boost at weekend

FROM FRONT PAGE

will be displays, fireworks and music. Dover 2009 puts the area on a world stage. The hope is that visitors will like what they see and come back again soon.”

A source at the district council told Yourdover that the Blériot celebration could benefit the economy by almost £1million.

He said: “If all the people who visit the town spend a small amount, it will add up to something tremendous for the local economy.”

Louis Blériot was a French airman, engineer and inventor who was the first man to cross the Channel by powered flight, in 1909.

The two-day Blériot event, starting on Saturday, includes an appearance by the Red Arrows, a fireworks display; children's entertainment and a re-enactment of Blériot's pioneering flight.

Sussex firm Cresting is organising the weekend. Chairman Paul Tipping said: “All the hotels in Dover are booked up – there's no doubt it will do a lot of good for the town. We have people coming here from Pennsylvania, California, Sweden and France. It'll be impossible not to have a great time.”

Visit www.dover2009.com for more information.

• See pages 4-5 for more on the weekend's events

Wounded soldiers' fighting spirit wins Channel challenge

TWO soldiers who were seriously wounded while serving in Afghanistan have overcome their injuries to complete a 22-mile relay swim across the Channel.

Guardsman Scott Blaney, who lost his leg in an explosion in 2007, and Senior Aircraftsman Mike Goody, who suffered shrapnel wounds to his leg in October last year, were part of a six-man team which set off from Dover harbour on Monday.

They were representing the military's Battle Back programme, which offers adventurous training and sporting challenges for injured personnel.

The team, based at the Defence Medical Rehabilitation Centre at Headley Court, Surrey, competed against those from the Navy, Army, RAF and the Wales University Officer Training Corps to reach the French coast at Cape Griz.

Guardsman Blaney, 23, of the Grenadier Guards, was treated at the centre and has since returned to duty,

becoming the first amputee to guard the Tower of London.

Speaking ahead of the race he said: “The training has been tough but we are all in the right mindset to tackle the Channel and are really looking forward to it.”

“It'll be a great achievement to reach the finishing line for the whole Battle Back team.”

SAC Goody, 24, a gunner from 1 Squadron RAF Regiment, is currently undergoing treatment at Headley Court.

Before the swim, he said: “It's something I've always wanted to do and hopefully this will be a springboard to me doing it solo next year.”

“This is a great opportunity to give something back to Battle Back and Help for Heroes, who have both done so much.”

Race organiser and fellow swimmer Lieut-Col Rob Healey said: “This is the second time we've held this event and it's all the richer for having the Battle Back team participating.”

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Timetable of events

SATURDAY

10am Duke of York's Royal Military School opens to the public. Events throughout the day will include static displays and exhibitions of historic and vintage aircraft, displays by the Great War Display Team, a Spitfire and the Tiger Club's Turbulent Display Team.

10am Events along Dover seafront open to the public.

10am to noon Arrival over Dover of Belgian, British and French microlights.

Noon Live musical performances begin on Dover Seafront at Granville Gardens

2.30pm-2.40pm Royal Aero Club Air Race sponsored by Shell Aviation arrives over Langdon Cliffs

3pm-6pm Series of vintage aeroplanes processing over Dover, together with flying displays at Duke of York's Royal Military School and at Dover seafront

6pm-6.30pm Arrival of Blériot XI plane flown by Mikael Carlson supported by 3 Blériot XI planes from France, Luxembourg and NL

6.45pm Flypast over Dover by the RAF Red Arrows and La Patrouille de France.

7.30pm Duke of York's Royal Military School closes for the evening.

10pm Seafront entertainment and activities end for the day.

10.15pm Fireworks Spectacular at Dover harbour.

SUNDAY

10am Events along Dover seafront reopen to the public.

11am Duke of York's Royal Military School re-opens to the public. Meet the Blériot XI pilots and their aircraft.

Noon Live musical performances begin on Dover seafront at Granville Gardens.

3pm-4.30pm Series of flying displays at Duke of York's Royal Military School, including an aerial display by Mikael Carlson in his famous restored Blériot XI aeroplane.

6pm Event closes at both the Duke of York's Royal Military School and on the seafront.

Celebrate Blériot's first Channel flight



HEAD IN THE CLOUDS: Pilot Blériot made his successful cross-Channel flight while his opponent Herbert Latham overslept

■ BY NICK AMES

THOUSANDS of people will descend on Dover for this weekend's centenary celebration of Louis Blériot's flight across the Channel.

They will be able to enjoy a host of events, the highlight being Saturday's re-creation of that legendary first crossing – distinguished Swedish pilot Mikael Carlson will fly a replica of the machine that made the flight in 1909.

Pubs, restaurants, bars and hotels in Deal, Walmer and Sandwich are bracing themselves for an upsurge in visitor numbers.

The weekend is coincidentally also the busiest of the year for ferry bookings. A park-and-ride scheme linking events with car parks is being set up to avoid traffic congestion.

As well as the re-creation of the flight, other aerial events include an air race and a flypast by the RAF's famous aerobatic team, the Red Arrows. Their colleagues from across the Channel – the French Air Force's Patrouille de France – will also be performing.

The town's historic seafront will see British, French and Italian-themed activities.

The English will reflect the opulence of the Edwardian era and the French a time known as La Belle Epoch – a period from the late 19th century to the First World War that was considered a 'beautiful age' for upper classes.

Italy is being commemorated as the designer of the engine which powered the Blériot aircraft was Alessandro Anzani, an Italian.

The successful flight was part of a competition and took 36.5 minutes to get from France to England – about the same time as a current Shuttle train.

For several days bad weather had grounded car-headlight manufacturer Blériot, as well as Herbert Latham and Charles de Lambert, two men also bidding for the honour.

An earlier attempt made by Latham failed when he ditched his aircraft in the sea.

On the morning of July 25, 1909, Blériot awoke in a bad mood – reportedly due to having scorched his foot on an engine exhaust – but conditions were good enough to attempt the flight.

When Blériot took off, Latham's camp was

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RE-CREATION: A modern replica of Blériot's plane will be flown across the Channel by Swedish pilot Mikael Carlson, below. Pictured bottom is Blériot's original plane, which made the crossing in 1909 in 36.5 minutes.

still quiet, as he had overslept. Fighting fog and bad weather, Blériot did not even have a compass to guide his crossing.

It is believed that the Anzani engine made the flight only with the aid of a brief rain shower that cooled it down.

After spotting the steam from the funnel of a French warship sent out to provide a marker, Blériot eventually saw the line of the English coast and, getting closer, he spotted a French reporter waving the nation's Tricolor flag marking the landing spot.

The pilot made a rough 'pancake' landing, during which the landing gear collapsed, but Blériot walked away, winning the £1,000

prize awarded by the Daily Mail for the first flier to pilot an aircraft across the Channel.

A memorial marks the spot at which he arrived at Northfall Meadow, close to Dover Castle. The event is 100 years to the day that the famous flight took place and will be centred on the Duke of York's Royal Military School, where the replica is due to land between 6-6.30pm.

There will be a static display of vintage aircraft, while a firework display will close Saturday's festivities.

Bernard Butcher, chairman of Dover District Council, said: "This is a fantastic event for Dover. The celebrations will be an amazing experience for the thousands of people expected to attend and especially for the people of Dover."

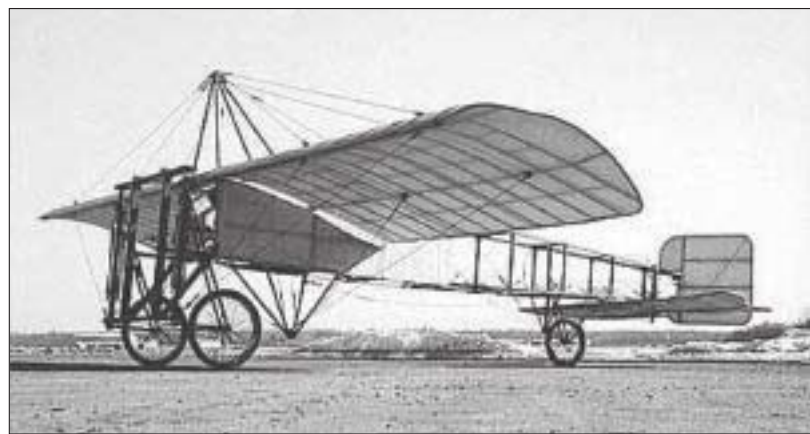
"It is an event that commemorates a momentous occasion, and by celebrating its centenary we are marking out the achievement of Louis Blériot to future generations and keeping the story of his triumph alive."

"This event marks not just a key moment for air travel and engineering achievement, but a key moment in Anglo-French relations, as it removed the perception of the UK's isolation from Europe."

"The 2009 celebrations promise to be a superb occasion and a fitting tribute to a man whose triumph not only marked a new chapter in aviation history but in Anglo-European relations as well."

Air Chief Marshal Sir Glenn Torpy, Chief of the Air Staff, said: "The RAF is delighted to be able to support this event, which marks a milestone in aviation history."

"Notwithstanding the huge technological changes that we have seen over the past 100 years, the spirit of Blériot and other aviation enthusiasts lives on today in the modern Royal Air Force. We salute these pioneers."



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Meet two successful students who joined this course after Year 11:

Conor did well at school but he found it boring and wanted more freedom. He decided to try engineering after an interview at the College.

"I've really enjoyed my course as it has mechanical, electrical and maintenance aspects as well as key skills, so it has opened up a lot of options for future course and career choices. The tutors are really able to get the information across and always ask if you need help. You also have a pastoral tutor to support you. Mine, Wendy, was great. If you had any problems at College you could discuss them with her and she would help sort them out."

Conor adds:

"I liked the learning methods on this course because of the heavy emphasis on practical skills. You have to focus a lot and every detail is vital. I am now progressing onto the BTEC National Diploma in Engineering which is a 2-year course. I've made lots of friends here and I am really pleased that there will be 5 of my friends joining too."

After the National Diploma, Conor hopes to find employment working as an engineer on tower cranes or generators.



Joshua didn't enjoy school and much preferred doing things with his hands to academic studies. Joshua left with mostly Ds or Es in his GCSEs but had also done well on an introductory engineering course. From the age of 13 he has been helping and working for the Romney, Hythe & Dymchurch Railway.

"I asked the railway for a full-time job but was told I had to be 18 and also that I required broader engineering skills. I was not at all sure about College after my experience at school but was persuaded at interview to give it a go. So I started the course, found I liked the College and not only discovered aspects of engineering that were completely new to me such as milling, but also found the maintenance training really useful."

During the course Joshua was in a team of 3 who were awarded a "Vernier Caliper" (a valuable piece of measuring equipment) for good attendance, safety awareness and quality of work. This included milling and turning work to 0.1mm accuracy.

Joshua commented:

"I'm really pleased I did the course. I have a recognised engineering qualification covering mechanical and electronic engineering which I can use as a springboard for further qualifications in the future, and I leave the course with broader and more finely tuned skills which will help me enormously in my new job on the railway. The work involves workshop work, track maintenance, signal box work and eventually I get to drive a train."



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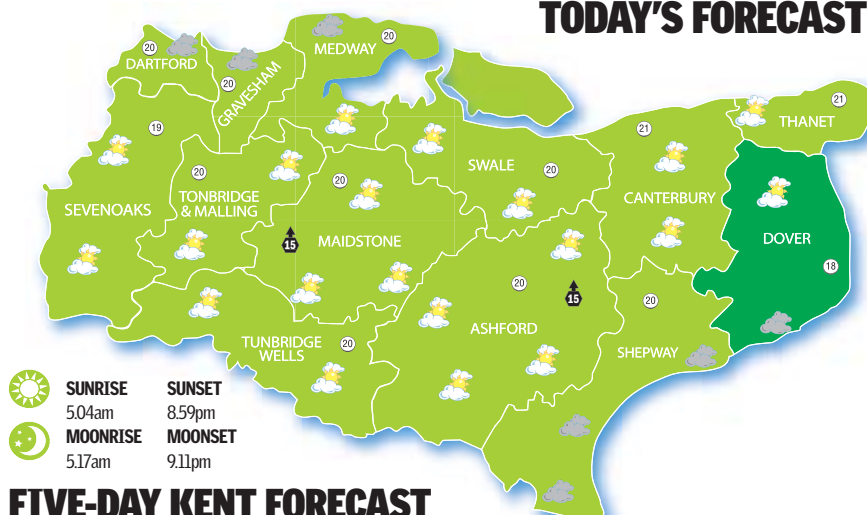
WEEKEND HIGH TIDES

Chatham	Saturday	3:58pm	6.4m
	Sunday	4:40pm	6.3m
Dover	Saturday	2:21pm	7.0m
	Sunday	3:02pm	6.8m
Dungeness	Saturday	2:12pm	8.0m
	Sunday	2:54pm	7.8m
Ramsgate	Saturday	2:51pm	5.3m
	Sunday	3:32pm	5.2m
Sheerness	Saturday	3:48pm	6.0m
	Sunday	4:30pm	6.0m
Whitstable	Saturday	3:55pm	5.5m
	Sunday	4:36pm	5.5m



AROUND THE WORLD YESTERDAY

Amsterdam	19°C	Madrid	32°C
Athens	36°C	New York	26°C
Barcelona	27°C	Paris	23°C
Beijing	31°C	Rome	26°C
Bombay	27°C	Sydney	20°C
Cape Town	25°C	Tenerife	27°C
Cardiff	17°C	Tokyo	29°C
Gibraltar	23°C	Vancouver	22°C
Hong Kong	29°C	Warsaw	20°C
Las Palmas	27°C	Wellington	-



	SUNRISE	SUNSET
	5.04am	8.59pm
	MOONRISE	MOONSET
	5.17am	9.11pm

FIVE-DAY KENT FORECAST

	Thur	Fri	Sat	Sun	Mon		Thur	Fri	Sat	Sun	Mon
Ashford	22°C	20°C	19°C	20°C	20°C	Gravesend	22°C	21°C	20°C	21°C	21°C
Canterbury	24°C	21°C	21°C	21°C	21°C	Maidstone	23°C	21°C	20°C	20°C	21°C
Chatham	22°C	20°C	19°C	20°C	20°C	Ramsgate	24°C	21°C	21°C	21°C	21°C
Dartford	22°C	21°C	20°C	21°C	21°C	Rochester	22°C	20°C	19°C	20°C	20°C
Dover	21°C	19°C	19°C	19°C	20°C	Sevenoaks	21°C	19°C	18°C	18°C	20°C
Faversham	22°C	20°C	19°C	20°C	20°C	Sittingbourne	22°C	20°C	19°C	20°C	20°C
Folkestone	21°C	19°C	19°C	19°C	20°C	Tonbridge	23°C	20°C	19°C	20°C	21°C
Gillingham	22°C	20°C	19°C	20°C	20°C	Tun Wells	23°C	20°C	19°C	20°C	21°C

Your opinions could help to shape town

OPINIONS on Dover's future are needed for a project about the changing face of the port.

Make Dover is an exhibition which opened at the town's Discovery Centre this week.

Residents can let county council building chiefs know what they think about plans for Dover Esplanade, including seafront enhancement, the cable car feasibility study, Blériot Monument refurbishment and Dover Castle revamping.

Exhibition organisers also want to hear about cultural activities people are involved in and what hopes they have for the future.

The scheme is part of the Sea Change programme, funded by groups including Kent County Council, Dover District Council and the Dover Harbour Board.

Exciting

KCC regeneration chief Kevin Lynes said: "There are some very exciting projects in the pipeline for Dover. We want to hear from residents about how we take these forward."

Anyone interested in the project should see www.seachangedover.co.uk or visit Dover Discovery Centre until September 1.

Dover Arts Development is also involved in a cultural survey, Here and Now, to coincide with the exhibition.

Five free art workshops are running, starting on Saturday, July 25 with Drawing With The Body, a creative movement session with Bim Malcomson. All ages are welcome.

On Saturday, August 1, Fake Cake Bake is led by Edda Venusia Jones.

Portrait drawing with Nicola Durvasula is on Saturday, August 8, and on August 15, Join The Chocolate, a workshop about making chocolate with Kevin Renihan and Jake Lawy.

The final workshop is Can You Draw Me A?, led by Clare Smith, on August 22.

All workshops start at 11am.

CROSSKEYS COACHES



2009 DAY TRIPS AND HOLIDAYS

Boulogne & Le Touquet

Friday 11th –
Saturday 12th September
£74 Per Person, Bed & Breakfast

Warners Thoresby Hall

Monday 14th –
Friday 18th September
£395 Per Person, Half Board

July Adult

Sat 25th	Le Touquet by Ferry	£24.00
Sun 26th	Drusillas	£25.00
Thurs 30th	Boulogne	£23.00
Fri 31st	Chessington World Of Adventures, Zoo & Sealife Centre	£35.00

August Adult

Mon 3rd	Afternoon Cite Europe	£13.00
Tue 4th	Eagle Heights Wildlife Park	£17.50
Thurs 6th	Boulogne by Ferry	£23.00
Sat 8th	Disneyland Paris	£65.00
Sun 9th	Borde Hill Gardens	£21.00
Mon 10th	Ghent	£29.00
Wed 12th	London Eye & Thames Cruise	£36.00
Fri 14th	Madame Tussauds	£35.00
Sun 16th	Hever Castle	£23.00
Tue 18th	Portsmouth	£18.50
Thu 20th	Legoland	£31.50
Sat 22nd	Wembley Stadium Tour	£33.00
Sat 22nd	Calais & Cite Europe	£19.00
Mon 24th	Bluewater or Lakeside	£16.50
Thu 27th	Boulogne	£23.00

August (cont...) Adult

Fri 28th	Thorpe Park	£39.00
Sat 29th	Brussels	£31.00
Sun 30th	Diggerland	£23.00
Mon 31st	Walking With Dinosaurs The Arena Spectacular	£50.00

September Adult

Wed 2nd	Buckingham Palace	£33.00
Sat 5th	Ostend	£24.00
Sun 6th	Duxford Air Show	£39.00
Mon 7th	Afternoon Cite Europe	£13.00
Thu 10th	BBC Television Tour	£23.50
Fri 11th	Boulogne and Le Touquet (2 Days 1 Night)	£74.00
Sat 12th	Le Touquet	£24.50
Mon 13th	Walpole Museum & Shell Grotto	£14.50
Wed 15th	Arras	£27.00
Fri 17th	Boulogne	£23.00
Sat 19th	Montreuil	£25.00
Sun 20th	LondonEye, Carvery & Cruise	£54.00
Wed 23rd	Audley End House & Gardens	£24.00
Sat 26th	Sluis	£33.00
Wed 30th	Bruges	£31.00

October Adult

Sat 3rd	De Panne	£19.50
Mon 5th	Afternoon Cite Europe	£13.00

Birmingham Tattoo

Saturday 28th –
Sunday 29th November
£97 Per Person, Bed & Breakfast

Warners Bodelwyddan Castle

Monday 30th November –
Friday 4th December
£295 Per Person, Half Board

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yourlocalinterview

QUESTION & ANSWER

KATE GRIFFIN



Q Have you always been passionate about music?

A At school I always enjoyed music and enjoyed my private lessons at home. However, I had no plans to make it my career and had several points through my teenage years when I almost gave it up – my parents insisted I continue and I'm very glad they did.

Q When and why did you decide to set up your own music school?

A After 10 years of private teaching I decided to set up teaching from home in a converted workshop.

Due to the birth of my daughter I decided I didn't want to take on any new students, but I was still receiving calls for lessons, so I asked a teacher to come and work with me and over the last year our staff numbers have grown to 15.

Q What makes your music school different to others?

A Our location is one of the reasons we stand out from the crowd – we are in the middle of the countryside and it's very peaceful. Last weekend we had a foal born and students have been stroking it and watching it run around while they have their lessons. We also charge an hourly rate regardless of requirements. If we have a group lesson, then the cost is split between the group – most other music schools charge more for group lessons.

Q Who do you cater for and what lessons do you offer?

A We have baby, toddler and pre-school music classes. We teach private and group lessons in many instruments, including electric guitar, piano, drums, voice, sax, clarinet, flute, trumpet, French horn, violin, cello, accordion and more. We also teach music theory and tutor for GCSE and A-level and Diploma exams.

Our students are children and adults and range from special needs to gifted and talented. We teach students who want to play for fun and enter for Associated Board, Trinity Guildhall and Rockschoo exams if they wish.

We also have a free orchestra/band to which anyone is welcome.

Q What is the hardest thing about running your own music school?

A The hardest thing has to be remembering everyone's names! At first it was easy and I was blessed with a good memory – however, it is becoming harder now we have more than 200 students.

Q What is the best thing about it?

A It has to be seeing the students and seeing how happy they are. Our students come and go from here with smiles on their faces having had fun in their lessons. I am lucky enough to be able to sit in my garden and chat to people as they come and go.

Q Are there any specific teaching methods that you use at the school and, if so, how successful have they been?

A For our special-needs students we have a library of books which work very well – students who weren't expected to do well have excelled after using books employing techniques such as colour to help them learn.

Q Do you have any events coming up to showcase the talent from the school?

A We recently held our annual concert, raising £700 for Macmillan cancer care. Students ranging from beginner to world-class performed and it was a very enjoyable evening.

We are planning summer music workshops on August 10-13 at which anyone who's interested can come along – students and non-students – and join the following workshops: Rockschoo, orchestra, children (youngsters aged four to eight) and musical theatre.

This year a West End theatre producer will run our musical theatre workshop and offer successful students auditions with a leading West End booker. We hope to find a star or two!

Q How can people contact you to get signed up?

A We have a contact form on our website, www.allsortsofmusic.co.uk. Alternatively, I can be contacted on 01304 621001. We are located between Deal and Sandwich. We offer a free trial lesson, so get in touch.

Q & A

Reporter **Marijke Cox** talks to the director of the All Sorts Of Music school near Deal, about the school's growing success, what sets it apart from other music centres, and how prospective pupils can get involved

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Highlights of this year's Lounge on the Farm music festival. Search 'Lounge'



Hear what's on offer at the Broadstairs Dickens Festival. Search 'Dickens'



Antfest 2009 footage, including interviews and shows. Search 'Antfest'



Energy Secretary Ed Miliband visits a Kent wind farm. Search 'wind'



The CAA's latest fire-fighter training at Manston airport. Search 'firefighter'

EDITOR'S CHOICE

You can view all these videos and others from around the county with the click of a mouse at...

yourkenttv.co.uk

We miss you, Marie, but this one's for you

■ BY EMILY HALL

A WOMAN lost her 22-year battle with cancer just two days before she was due to run the Race For Life.

Tragic Marie Twyman died on July 10, aged just 29, yet her friends still managed to don 1980s gear and run the event in her honour.

Marie was initially diagnosed with cancer at the age of seven and had an operation to remove a tumour from her shoulder.

But after going to Portugal to work as a holiday rep in her early 20s she began suffering blinding headaches and had to return home.

She was diagnosed with a brain tumour and breast cancer and for the past five years had been undergoing constant treatment.

Her best friend, Clare Cockell, 27, who is manager of The Reef spa and salon in Gabriels Hill, Maidstone, said: "Marie and I went to college in Canterbury together.

"She was fine up until she became a holiday rep, when she started getting headaches and had to come home. She found out she had a brain tumour in 2004 and had to have three operations.

"She also got breast cancer, which they couldn't treat until they had finished treating the brain tumour. It was hard for her. Her mum had cancer, too, and didn't die that long ago.

"The doctors told her they couldn't get all of it, but she remained positive.

"She had the last operation in March this year, and we had planned to do the Race For Life in Herne Bay, but four weeks ago she couldn't use her left side.

"I saw her two or three weeks ago and when she got out of bed she fell over and was slurring.



WE DID IT: Reef manager Clare Cockell (centre) was joined by her mum Annette and co-worker Jemma Haywood (left)

Even then she was still happy, but it became obvious she wasn't going to be able to run the race. Marie had always done the Race For Life with her mum and I have done it with her for the last three years. She loved it and couldn't stop talking about this year's race.

"She was saying she'd do it even if we had to push her round, but she never got the chance."

Single Marie died at the Pilgrims Hospice in her home city of Canterbury. Her friends – including Clare, her mum Annette, 50, and fellow Reef worker Jemma Haywood, 23 – ran the race and raised more than £1,000 for Cancer

Research UK. Clare said: "The donations and support have been truly amazing.

"When I first set up our fund-raising page I set the target at £1,000 and I remember Marie saying, 'You've set a really high target', so I changed it to £500.

"I am so pleased we have now reached that high target for her. She deserves it as she was such an inspiration.

"She always had a smile on her face, no matter what. She will be hugely missed."

Visit www.raceforlifespensorme.org/thereef to add your donation.

Force backs recruitment of gypsies to end mistrust

GYPSIES and travellers are being recruited by Kent Police to ensure the force represents the community it serves.

Officers believe that by giving jobs to people from the minority group they will be able to smooth what is often a rocky relationship between the two sides.

However, some are concerned tick-box targets could lower standards if vacancies are given to gypsies and travellers rather than the best candidates.

Earlier this year a report by the Association of Police Authorities (APA) suggested forces should seek to recruit from under-represented groups.

Assistant Chief Constable of Kent Police Allyn Thomas said: "We seek to recruit as widely as possible and welcome applicants from all ethnic backgrounds.

Legitimacy

"We have a gypsy and traveller action group which advises us. Recruiting officers from a variety of ethnic groups enhances the legitimacy of policing in the eyes of those communities."

The initiative has been backed by campaigners for travellers' equality, including the Canterbury Gypsy Support Group.

Vice-chairman Joe Jones said it was important his people were given the same career opportunities, but didn't think there would be a rush to sign up.

He said: "Gypsies and travellers are far from being policed in the real sense. The only time we meet is when our camps are raided or we are being made to move on.

"We are the most misunderstood group of people in the British Isles and nobody really cares about us, but by the police looking to recruit us it shows that we have finally arrived in society."

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Recycling: let's get together

■ BY JENNA PUDELEK

CALLS are growing for a universal kerbside recycling scheme to be provided across the county.

At the moment provision is patchy, with each of the 12 district and borough councils and Medway's unitary authority offering a different service.

Kent County Council has said that current provision "could be better" and is asking residents for their views about a countywide doorstep recycling scheme.

Steve Dawe, spokesman for the Green Party in Kent, said: "It remains a major problem to get councils to collect glass and plastics. They talk about it not being economical, but if it was done on a larger scale it would justify the cost."

"Sharing between councils would not only increase the percentage of recycling to a higher level for households and businesses, there would also be more jobs in these areas. If every local council did the same, then it would generate 50,000 more jobs across the county."

Dumped

Rubbish that is not recycled is dumped in landfill sites, except in Ashford, Maidstone, Sevenoaks, Swale, Tonbridge and Tunbridge Wells, where it is taken to the Energy From Waste Plant at Allington. There it is burnt to produce power for the national grid.

We asked each local authority in the county responsible for kerbside recycling collections to provide details about its services. Most collect a good variety of paper and cardboard waste from householders' doorsteps.

However, Ashford council does not take shredded paper, envelopes with windows and coloured shiny leaflets because they can't be turned into newsprint when they are taken to Aylesford Newsprint, near Maidstone.

Ashford residents also do not get their plastics picked up at the kerbside due to expense, although the council does collect glass.

Several councils provide 'co-mingled' schemes where all recyclables are put in



WORKING TOGETHER: The Green Party is calling for councils to work together to make recycling more economical in an effort to reduce landfill waste

the same bin or bag. Residents do not have to sort their recycling, but critics of the scheme say more energy is used than in pre-sorted schemes because of the machines used to separate the waste.

There are also concerns that paper collected in the same container as plastic bottles and metal cans is contaminated by food and liquid waste – making it unusable for recycling.

A Sevenoaks council spokesman said in some areas participation in the recycling scheme was as high as 93-100 per cent.

"Some 24 tonnes of recycling sacks from the council were recently audited to determine the breakdown of materials in them," he said. "The audit found that less than half of one per cent (0.375 per cent) of the contents were materials that could not be recycled."

Dover council provides a 'sorted' scheme with different boxes for different waste.

A spokesman said: "Collecting paper and cardboard separate from plastics, glass and cans enables the collection of clean paper and cardboard that can be sold easily."

Most of the councils have decided recycling more plastics other than bottles was commercially unviable, and most charge for the collection of garden waste.

Tunbridge Wells council launched a kerbside service to collect plastic bottles on July 3.

A spokeswoman said: "Plastic bottles are a good clean material more readily marketed in the UK for recycling. If we collect mixed plas-

KERBSIDE SCHEMES AROUND KENT

ASHFORD BOROUGH

- Recycles: Telephone directories, newspapers, magazines, glass containers, cans, empty aerosol cans
- Doesn't recycle: Shredded paper, windowed envelopes, junk mail, cardboard, plastics and containers, tin foil, window glass, compostable waste
- Type: Co-mingled (fortnightly)
- Contractor: SITA

CANTERBURY CITY

- Recycles: Paper, packaging boxes, ready meals sleeves, occasion cards, flattened cardboard boxes, plastic bottles, cans, empty aerosols, food tins, foil
- Doesn't recycle: Glass, all other types of plastics, compostable waste
- Type: Co-mingled (fortnightly)
- Contractor: Serco

DARTFORD BOROUGH

- Recycles: Paper, card, cans, plastic bottles, mixed glass (bottles and jars)
- Doesn't recycle: All other types of plastics, compostable waste
- Type: Co-mingled and separate box for glass (fortnightly)
- Contractor: Enterprise MRS Ltd

DOVER DISTRICT

- Recycles: Paper and cardboard, plastic bottles, tin cans, glass bottles and jars, garden waste
- Doesn't recycle: All other types of plastics, food waste
- Type: Sorted (fortnightly)
- Contractor: SITA

GRAVESHAM BOROUGH

- Recycles: Paper, card, cans and plastic bottles

- Doesn't recycle: All other types of plastics, glass, compostable waste
- Type: Co-mingled (weekly)
- Contractor: In-house

MAIDSTONE BOROUGH

- Recycles: Paper, card, tins, cans, plastics (bottles, margarine tubs, yoghurt pots, ice-cream tubs), garden waste
- Doesn't recycle: All other types of plastics, glass, food waste
- Type: Co-mingled and separate bin for garden waste (fortnightly)
- Contractor: SITA

MEDWAY:

- Recycles: Paper, card, glass bottles and jars, carrier bags, metal food/drink cans, envelopes, foil, plastic bottles, empty aerosols
- Doesn't recycle: All other types of plastics, cartons, tetrapacks, polystyrene, compostable waste
- Type: Co-mingled (fortnightly)
- Contractor: Veolia

SEVENOAKS DISTRICT:

- Recycles: Cans, metal jar lids, tins, foil, all aluminium packaging, all paper, all cardboard, all plastic bottles and thin carrier bags. Garden waste and recyclable white goods (fridges etc)
- Doesn't recycle: Other types of plastics, glass, food waste
- Type: Co-mingled (weekly). Garden waste in wheeled bin £41 annually or 12 sacks for £550 (fortnightly). White goods approx £11.50 per appliance
- Contractor: In-house

SHEPWAY DISTRICT:

- Recycles: Paper and card, plastic bottles, glass, tins and cans

- Doesn't recycle: All other types of plastics, compostable waste
- Type: Separated (fortnightly)
- Contractor: Veolia

SWALE BOROUGH:

- Recycles: All paper, all cardboard, plastic bottles, cans, tins, metal jar lids, foil, microwave meal containers, empty aerosols, glass
- Doesn't recycle: All other types of plastics, broken glass, compostable waste
- Type: Co-mingled (fortnightly)
- Contractor: Verdant

THANET DISTRICT:

- Recycles: Green waste, plastic bottles, foil and cans (in some areas), paper and card
- Doesn't recycle: Glass, all other types of plastics, food waste, food and drink cartons
- Type: Co-mingled, separate bin for green waste (fortnightly)
- Contractor: In-house

TONBRIDGE & MALLING BOROUGH:

- Recycles: Compostable waste, all cardboard, greeting cards (but not with metal, glitter or plastic), all paper, tins, cans, empty aerosol cans, foil
- Doesn't recycle: Any plastics, glass
- Type: Co-mingled, separate green bin for compostable waste (fortnightly)
- Contractor: Veolia

TUNBRIDGE WELLS BOROUGH:

- Recycles: Plastic bottles, cans, all paper and card, compostable waste
- Doesn't recycle: All other plastics, tins, glass
- Type: Separated (fortnightly)
- Contractor: Cory Environmental

tics the markets are not so readily available. There are higher sorting and cleansing costs, often resulting in a product for which there are limited markets."

Residents recycled 47 per cent of their waste last year, she said.

In Tonbridge and Malling residents recycled and composted 46 per cent of waste collected.

Nick Chard, KCC's cabinet member for the environment and waste, said: "We have got to look at how we can improve recycling and get really good value for money."

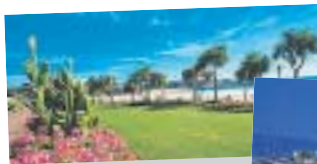
"A lot of saving could be made on the total cost of waste if we were more joined up between districts and county. It is a good service at the moment, but it could be better."

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Norfolk BB	2* Hotel	Full	Full	£459
Mayfair	3* Hotel	£459	£509	£349
Runnymede Court BB	2* Hotel	£409	£399	£349

Accommodation	Rating	22nd Aug	29th Aug	5th Sep
Villa Isis	1* Hotel	£309	£309	£309
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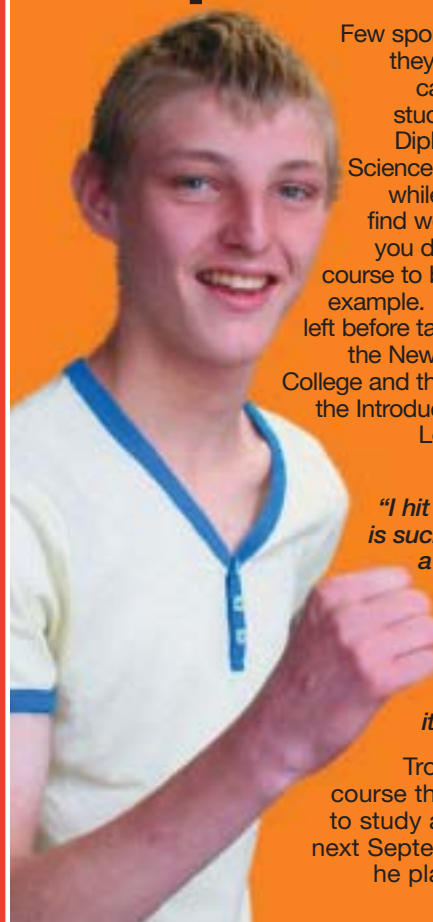
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"I hit it off straight away. There is such a good atmosphere, it's a very good group, I love it and I've learned lots. At College we get involved in all kinds of sports. Age or abilities don't matter. People mix and it's something I really like".

Troi has done so well on his course that he has been accepted to study a BTEC National (Level 3) next September at the end of which he plans to apply to university.

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Abbeygail

With a father in the fire services, and a grand-father who was a paramedic, Abbeygail's dream is to work in the Public Services. So the BTEC Certificate in Public Services was a logical choice for her. Abbeygail is really enjoying her two-year course which is equivalent to A-Levels, much preferring the unit-based structure and continuous assessment to the pressure of end-of-year exams.



"Life at College is different: you mix with lots of different people, teachers are approachable and supportive, resources are good and you are treated like an adult. I've learned so much and got so many certificates: fire-fighting, canoeing, etc. And next year we will do first aid as well. We've been on so many different trips. I really enjoyed the team-building trips such as tree-jumping or raft-building."

In her second year of BTEC, Abbeygail plans to send an application to the RAF as she has set her mind on becoming an air traffic control officer.

Callum

After GCSEs Callum enrolled on the Level 1 Diploma in Public Services in Folkestone.

"When I was at school, I wanted to join the Police. That's why I decided to study Public Services. At College, you make so many good friends. We do a lot of team-building activities such as paint-balling and college challenges and trips such as visiting the army barracks. Tutors are really nice and help you with your work. You work hard but you can have a laugh. It's so much better than school where you are treated like a kid."

Callum likes the variety of subjects studied in his course. *"We study fitness, career opportunities, how to eat healthily, how to apply for jobs... I've enjoyed all units, though I especially like the fitness side. I have also re-taken my GCSEs in English and maths and improved my grades. I want to get the best qualification I can get and I've enjoyed my time at College so much, I can't wait for the next course."*

Ultimately, Callum would like to join the army and train as a royal engineer.



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Academy mines a rich seam of artistic talent

■ BY JAMES ALEXANDRE

ART students from the Marsh Academy gained inspiration by visiting the Brett aggregates quarry at Lydd.

They were there as part of the Revealing Secrets: Unearthing The Past project being run by environmental charity Groundwork Kent and Medway, thanks to a grant from the Heritage Lottery Fund.

While there, they learned about the heritage of the site and what had been unearthed by archaeologists, as well as looking at the geological layers discovered during extraction.

These show the wave formation of the shingle ridges and indicate how the land on the marshes was formed.

The site tour also included seeing the aggregate-processing area up close and finding out how the products of quarrying influence everyone in some way.

This can range from drinking water which has been filtered through the sand to everyday use of stone or brick in buildings.

The pupils completed three pieces of artwork based on their interpretations of the quarry and worked alongside local artist Jane Pitt, who introduced them to new art mediums and working on clear Perspex.

They were also joined on their visit by another group of year 11 GCSE geography students, who were studying industrial processes and quarrying.

The three large finished pieces will be displayed together as a 3D model during the August quarry open morning, showing the students' representations of the site and



DIGGING DEEP: Academy youngsters were introduced to new techniques by local artist Jane Pitt

what they have learned. Jenny Collins, education officer at Groundwork Kent and Medway, said: "The artwork produced by the pupils was really inspiring."

"They relished the opportunity to try new art mediums and came up with some lovely ideas in their groups of what to include."

As part of the project, Lydd residents have the chance to visit the quarry, which is not normally open to the public, for free.

Brett will be opening its doors to booked visitors only on Tuesday, August 11, from 9am to let people find out more about the aggregate industry on their doorstep.

There will be a guided tour of the site, together with a chance to see work produced by nearby primary school pupils and the secondary students' 3D artwork.

The open morning is a bookable event only and transport from Lydd to the quarry site will be provided for visitors from outside Lydd Primary School, by the green.

For more information or to book a place, phone Groundwork Kent and Medway on 01634 855166.



MAKING NOTES: Marsh Academy pupils record impressions during a visit to the Lydd quarry in preparation for the August open morning



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BREAK TIME

Employing Jack will be no Risky Business

YEAR seven pupils at Folkestone Academy have been working on a joint project with the Skillnet group, which helps people with learning difficulties.

More than 150 pupils applied for a fictitious post of training supporter, which is designed to encourage those with a learning difficulty to speak up and be heard and taken seriously.

The process involved filling in a detailed job application, including a written statement on 'Why I want the job'.

Four candidates were shortlisted to attend a formal panel interview with Skillnet.

Simon Newman, head of English, said: "I'm really pleased with the links we've developed with Skillnet as part of one of

our year seven projects. It's important that pupils have opportunities to develop and use their English skills in situations outside the classroom.

"Our work with Skillnet has enabled us to achieve this and demonstrated that we have many confident and mature pupils at Folkestone Academy."

Interviews were held in the academy boardroom, where each candidate had 20 minutes to discuss their application.

And it was Jack Petts who was announced as the successful candidate at the end of the process.

As a reward, Jack and his parents visited the Gulbenkian Theatre in Canterbury to watch a performance by Risky Business, Skillnet's performing arts group.

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yourblogger

Father-of-two Gary Wright asks why so many parents feel they must buy extra tuition for their children



What tutoring is teaching us about our education system

SO 25 per cent of children in our county are receiving extra tutoring away from their regular school.

Think about that for a minute – one in four kids do not get a proper education under our existing system, or so their parents believe.

A huge number of those children, of course, will be the poor souls who receive external tutoring just so they can pass the 11-plus.

Then, when they get to the grammar school that their parents have chosen, many of those tutored kids will spend the next five years struggling to keep up. They'll probably need extra tuition while they're there.

But I was more disturbed to discover children as young as four were receiving tutoring.

Make no mistake – there's something not right with the world of education and I think it's the parents who bear a lot of the blame.

The headmaster of The Skinners School in Tunbridge Wells explained that for the 115 boys he takes in each year he carries out another test to find out who "needs additional support".

So one of the county's top grammar schools – apparently some parents are tutoring smart kids so they get better results so they can get into a better grammar – admits the boys who arrive may not actually be the cream of the crop.

But I bet the parents are still so proud that their offspring are going to the right school, even though he (or she) is going to spend the next five years struggling and probably hating school for that reason. This is wrong for many reasons.

Firstly, tutored, average student X will have taken a place that could have gone to untutored, gifted pupil Y. That irritates me a lot.

Secondly, tutoring is available to those who have the cash and therefore it does reinforce a have-and-have-not society (though I also accept that many parents make financial sacrifice to pay for the tutor, too).

Thirdly, there's the issue of the tutors themselves. Most arrangements are private, so it means there is no need for tutors to undergo the normal police checks that teachers must have.

But no one is going to stop external tutoring happening, and here's why...

Teachers might not like the thought that some of their class are receiving outside help, but if it improves the results of 'their' children, they're not going to complain, are they?

Our county council will not want to change the tutor system, either. If they did, parents might expect standards in the classroom to go up – more one-to-one, that kind of thing – which would mean more money and resources.

So, a council that sometimes struggles to give proper support to dyslexic children (I have personal experience of the difficulty in getting a child statemented) might believe it is better to let an army of tutors, paid for direct by parents, lift the educational standards of a county.

And finally, well-meaning but misguided parents will always want to spend money on their children's education. For many it saves them having to spend time reading with their kids.

EDITOR'S NOTE: All blogs are supplied with full name and address of the authors. They do not reflect the view of the newspaper but are designed to give our readers the chance to air their views.

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MOST of us would probably agree that summer eating is all about salads.

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green salad. For more tempting recipe ideas log on kikkoman.co.uk.

To get you in the mood for summer eating, Kikkoman is giving away five stylish designer salad sets comprising large bowl, matching servers,

salad spinner, and bottle of Kikkoman Soy Sauce – worth £65!

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and send your entry on a postcard along with your email address (if applicable), name, address, and

daytime telephone number to Kikkoman Competition, KOS Media, Apple Barn, Smeeth, Ashford, Kent TN25 6SR. The closing date is July 31, 2009.

Question: How many Designer salad sets have we got to giveaway?

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www.kentnews.co.uk, or for a posted copy of the T&Cs call 01303 817073.

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Try out this mouth-watering salad recipe from kikkoman.co.uk:

WARM SOY & CHILLI CHICKEN WITH MANGO AND AVOCADO SALAD

Serves 2

Preparation time 20 minutes

Cooking time 10 minutes

Per serving: 420kcal, 21.7g fat, 4.3g saturated fat

Ingredients:

2 chicken breasts, sliced into 4

2 tbsp Kikkoman Soy Sauce

2 tbsp orange juice

1 green chilli, de-seeded and finely chopped

1 avocado, peeled and cut into chunks

1 red onion, thinly sliced

100g fresh spinach leaves

1 tbsp olive oil

Small handful of torn basil leaves

1 mango, peeled and cut into thin strips

Fresh limes to serve

Method:

1. Pre-heat the grill. Mix the soy sauce, orange juice and chilli in

a bowl, toss in the chicken and leave to marinate for 5 minutes.

2. Remove the chicken, reserving the marinade. Cook the chicken under the grill for 8-10 minutes, turning half way through.

3. In a small pan heat the marinade until piping hot and add the oil. Leave to cool slightly.

4. Divide the spinach leaves, avocado, red onion and basil leaves between serving bowls. Top with mango slices and the soy and chilli chicken. Drizzle over the marinade dressing. Serve with limes on the side.

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TALK TIME

ALISTAIR LYON

Alastair Lyon, president of the Rotary Club of South Foreland and his farming responsibilities on 700 acres



Tell us a little bit about your background.

I was born 58 years ago and have lived at East Valley Farm since I was six weeks old. I was educated at St Margaret's Primary School and Dover Boys Grammar and then three years at Hadlow College of Agriculture. I spent six months working on a farm in Alberta, Canada, and returned home and gradually took over the running of the family farm. I now farm 700 acres, growing wheat, barley, oilseed rape and linseed. I also keep 80 cattle. I've been involved with Young Farmer Clubs, National Farmers Union, East Kent Ploughing Match and been a school governor at St Margaret's. Now just Rotary!

I have three children, a son who is on the farm with me, and two daughters both working in the area.

What work do you do at the Rotary Club?

The first job we do is to meet regularly and enjoy our meetings. Our membership is dual-gender and we use all the experience of the members to work together and help wherever we are needed. For example, during the year that just finished at the end of June, we raised £1,400 for PSA Kent, our local Prostate Cancer Support Association which started in Deal, and the same amount of £1,400 for Breakthrough Breast Cancer.

We have contributed to Rotary's own charity (foundation) £620, which is used around the world for various projects. We have also raised £500 to help with eradication of polio. We have bought a shelter box for £500 and an aquabox for £250. We have contributed £320 to the No More Land Mines charity and many more smaller amounts to other deserving cases.

YOUR LETTERS

Lift the profile of Victorian heritage

Another tourist attraction under threat of extinction which, with TLC, could be an asset to a town trying desperately to improve its image.

When will the council see the benefits of such an attraction as the Leas lift?

A unique piece of Victorian engineering allowed to go to rack and ruin for lack of funds which should have been provided to preserve this unique piece of English Heritage.

Instead of sitting on their hands and doing little or nothing to improve the situation by bringing this piece of historical engineering heritage back to its pristine glory, council members should be trying to obtain funds from the Lottery, European Commission, the public, English Heritage and industry.

Perhaps this item should be listed. If it is to be allowed to die, the Leas lift could become a listed monument to local government ineptitude and failure to protect our heritage.

John Gamet
Keston

Race For Life: we thank you all

We would like to thank everyone who supported Kent Race For Life this summer. A total of 21,845 Kent ladies were recruited and we hope to raise an amazing £1.3 million.



COMMENT ONLINE TOO

Not only can you use email and letters to respond to our stories, you can comment via our website too.

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I would like to encourage all women to please remember to return their sponsorship money so Cancer Research UK can continue to carry out its lifesaving work.

I have enjoyed an amazing

summer with your help and support. Now it's time for the new challenge.

This autumn, you can join men and women of all running abilities at Leeds Castle on Sunday, September 27, to have

fun, get fit and raise money to help beat cancer. You can enter now at www.run10k.org, but I will soon be sending out the details – so watch this space. Thank you for your support.

Natasha Etienne
Cancer Research UK

Who hose when ban will happen?

With the recent warm weather and suggestions it may get hotter in the coming weeks how long will it be before the next threat of a hosepipe bans comes along.

I know there wasn't one last year but this has become as unwelcome a feature of summer as the showing of Big Brother on Channel 4.

I'm sure it will only be a matter of time until water authorities say action is necessary to "preserve supplies" or some such nonsense.

Ian Ayres
by email

It's a pleasure to see the Coast

One of the best shows on TV at the moment is the BBC2 series Coast which features the best of the country's seaside towns.

Not unnaturally – because it has one of the longest coastlines in Britain – Kent is regularly featured on this show.

I enjoyed a recent programme on Whitstable and would like to say what a pleasure it is to watch Nicholas Crane and Neil Oliver and their informed views on history, geography, wildlife, the environment and heritage.

It's good to see a contrast with the

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normal ill-informed egotists who usually present programmes on TV.

Miles Broad
by email

I'm nonplussed about this Brūno character

Having recently watched the Brūno film I would like to say how much I admire some of those involved.

Not comedian Sacha Baron Cohen or his crew or the scriptwriters – the people who are his supposed victims. Far from showing outright homophobia many seemed nonplussed to be confronted with a demented man wearing ridiculous clothing.

They didn't react in an aggressive way – well, apart from the wrestling crowd – they just seemed a little put out that this screeching loon had thrust himself on them.

I think anyone, hetero or homosexual, would probably feel much the same way.

Fiona McIntosh
by email

Expense increase is a costly decision

So it seems that Kent County Council are set to increase members' expenses. This could not have come at a worse time for the image of the local authority.

At a time when politicians are seen as money-grabbers with no

thought for the people they are meant to represent, this is yet another example of them being cast in the worst possible light.

Representing voters is not a job – it is something an incumbent should feel they do as they have a calling, a duty, or something to offer to make people's lives better.

No one would begrudge them money to make up for what they have to pay out of their own pocket.

But greater allowances could not make them seem more selfish or lacking in interest in being a true representative of voters.

Mike Carmichael
by email

Dine your way to a cancer-free life

A recent survey showed that more than 40 per cent of people do not know about the link between diet and cancer.

This is despite scientific evidence that what we eat affects our chances of developing cancer in the future.

This is why I am writing to let readers know they can reduce their cancer risk by eating plenty of a variety of fruits and vegetables and limiting the alcohol, salt and red and processed meat in their diet.

We're offering a free booklet of Guidelines for Cancer Prevention to the first 100 people who phone 020 7343 4205 and quote 'media'.

Lisa Cooney
World Cancer Research Fund

I'll be stumped if van Jaarsveld leaves

Whatever Kent Cricket Club does later this summer, it must keep the services of Martin van Jaarsveld.

Not only is he far and away the most consistent batsman in the team, but allowing him to move on would show the club is not serious about progressing in the future.

Philip Crossland
by email

Pollution shouldn't get the green light

What on Earth is going on in this county of ours?

We have some ridiculous idea of erecting a bloody awful-looking giant scarecrow in the wonderful countryside of Romney Marsh.

We have beautiful trees being felled with preservation orders on them.

We are seeing more and more traffic lights being installed, instead of having zebra crossings, which would be more environmentally friendly.

We have road junctions which could have roundabouts instead of lights.

We are told to cut down on greenhouse gases and there we are, creating more by holding up traffic, cutting down trees and erecting silly icons.

RC Priggen
by email

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MOON (15)



David Bowie's son Duncan Jones makes an auspicious directorial debut. Actor Sam Rockwell is the man stationed on the moon who falls ill, meets his clone and finds himself trapped by a computer.

BRÜNO (18)



Sacha Baron Cohen adopts the role of gay, crass, insolent fashionista Bruno from Austria, who tours the US looking to set up unsuspecting locals with his outrageous brand of 'interviewing'.

THE PRIVATE LIVES OF PIPPA LEE (15)



Robin Wright Penn stars as Pippa Lee, a woman heading for a mental breakdown after moving to a retirement village with her older husband, who has an affair with her friend's son.

Magical superstar – or just a normal teenager?

■ BY KATE WHITING

AN EARNEST young actor bursts into the room, grabs my hand in a shake and says: "Hi, I'm Daniel".

But he doesn't need to make an introduction. Daniel Radcliffe has one of the most recognised faces in the world thanks to a certain boy wizard named Harry Potter.

In fact, after seven years playing JK Rowling's creation there can't be many places where the 19-year-old isn't known.

Dressed simply in a red shirt and jeans, Daniel scans the hotel suite in London with curiosity. But once he starts talking about something, the words just flow in a torrent of excitement.

Harry Potter And The Half-Blood Prince, the sixth film in the highly successful franchise, once again pits Harry and his faithful side-kicks Ron Weasley (Rupert Grint) and Hermione Granger (Emma Watson) against dark forces.

With the evil Voldemort on the rise, the students at Hogwarts have to be ever more vigilant about who is among them.

Returning teacher Professor Horace Slughorn (Jim Broadbent) provides Harry with valuable knowledge about his former pupil Tom Riddle, a boy who would grow up to become a threat to the wizarding world.

There's also romance in the air, as Ron gets a new girlfriend, making Hermione jealous, and Harry kisses Ron's sister Ginny (Bonnie Wright) for the first time.

"It was weird, because I've known Bonnie since she was nine. When Katie Leung was brought in to play Cho (Harry's first love), we all knew she was going to be the love interest, but with Bonnie as Ginny, she was just



LOVE INTEREST: Harry Potter actor Daniel Radcliffe

brought in to play Ron's little sister, so it was kind of odd kissing her."

That said, Daniel claims he wasn't nervous about the scene. Partly because he had just been performing in a West End and Broadway production of Seventies play Equus, which involved getting his clothes off every night.

For all the fame and money – he reportedly signed a contract worth more than £25m for the final Harry Potter films – Daniel's

VIEW THIS PREVIEW

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a normal, if fairly intellectual, teenager.

During breaks from filming, he and Rupert play table tennis, or watch daytime TV and old war movies. He writes poetry in his spare time and stays in touch via letters.

Daniel and his co-stars are a few months into a 19-month shoot for the seventh and eighth films. The final book, Harry Potter And The Deathly Hallows, has been split into two.

In his first post-Potter role, he's set to play photographer Dan Eldon, who was killed in Somalia, aged 22, in The Journey Is The Destination – funding permitting.

"It is a long way off at the moment, but it's potentially a very exciting thing for me."

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"I am between 16-19 years of age and interested in construction as a possible career"

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Higher education courses in Construction Management are also available.

For information on all courses offered by South Kent College
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The Red Cow in Sandwich caters for different types of customers with its extensive a la carte menu and traditional pub food.

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Mark Lewins heads up a team of four who ensure that the pub is ready to cater for the needs of all of its customers who come to taste the food, drink and take in the ambience of this popular venue.

Situated in the historic town of Sandwich the picturesque ruins of Richborough Castle are within easy walking distance if you take a stroll down the River Stour.

Also nearby is the world famous Royal St George's Golf Club.

The pub has a large beer garden and a children's play area with a bouncy castle.

Throughout the summer barbecues are held between 4pm and 9pm on Fridays, Saturdays, and Sundays.

Live music, including folk, jazz and blues is held frequently and theme nights include a curry and a pint (or glass of wine or soft drink) on Fridays for £8. Mexican, Greek and fish and chip nights are also popular.

Five real ales are on tap at £2.50 a pint, all locally sourced.

Guest ciders, lagers and wine are also always available and daily specials include a rib eye steak with kangaroo, wild boar, ostrich and fresh fish such as sea bass, monkfish and halibut are also popular.

Food is served from 12-3pm and 6-9pm Mondays to Thursdays and 12-9pm Fridays, Saturdays and Sundays.

The Red Cow, 12 Moat Sole, Sandwich.
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out guide



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Get a real taste of Sicily

■ Don Giovanni

DON Giovanni is a Folkestone restaurant and pizzeria with a real Mediterranean ambience, enhanced by its closeness to the sea.

On the west side of the town close to The Leas, Don Giovanni has been a local institution for many years, and has recently been refurbished.

Every dish on the menu is a regional speciality from Sicily.

And being an Italian there is also an excellent choice of pizza dishes on offer.

Pino Mazzamuto, who owns the business and has been in catering for 16 years said: "Our best-selling dishes are the fish ones."

"The food makes this restaurant unique as it is all, traditional regional cooking from Sicily."

"It is also a family-run business, which means we are able to keep up the traditional Italian welcome."

"We ensure a combination of excellent staff and service."

"The menu, price and ambience are all right for the customer, because that is the way to run a successful business."

As well as running the restaurant, Pino is



also the chef. He is very creative and often makes up new recipes – sometimes he even asks customers to try them out.

He added: "We are frequently complimented on the food we prepare and often customers will ask to meet the chef."

The restaurant can seat up to 50 people and staff can cater for any occasion.

There is an excellent choice of dishes which has led to a large amount of repeat custom for the popular restaurant.

Another feature which makes Don Giovanni stand out is the wine list, which is also very impressive.

Don Giovanni's Restaurant, 18 Bouverie Road West, Folkestone, CT20 2SZ. Telephone: 01303 850962.

Traditionally good for food

■ The Rose and Crown

THE Rose and Crown is a country pub with a warm friendly atmosphere which has been an institution for the last seven years.

With a jazz evening every Wednesday, pool table and darts, a fish and chip night on Thursday and Sundays roasts there is something for everyone.

A conservatory gives an al fresco experience to dining while senior citizen lunches are held on Mondays and Wednesdays.

A fine selection of beers including Flowers IPA, Black Sheep and Charles Wells Bombardier complements the food.

Favourite dishes include steaks, both sirloin and T-bone and surf and turf which matches the meat with king prawns.

King prawns in garlic butter are also a great favourite.

The polite staff ensure they are attentive to customers and run a well-stocked kitchen and bar with all prices competitive.

The pub has a very attractive location and



is a fine example of an English country pub.

The restaurant design allows for a warm and friendly setting with a log fire for winter and a conservatory for summer.

Pool and darts are played in the bar area and the pub is open all day from noon and food is available until 2pm every day and in the evenings from 6-9pm on Thursday and from 7-9pm on other days except for Sunday and Monday when the kitchen is closed.

Rose and Crown, Stelling Minnis. Telephone: 01227 709265.

CHEF RECOMMENDS

Blue Pigeon

Starter: Mussel green curry and coconut

Main Courses: Roast whole plaice with samphire and cockles

Dessert: Summer fruit pudding with clotted cream

Telephone Number: 01304 613245

Dee's Bistro

Starter: sauté of baby octopus with chillies and tomato

Main Course: prime fillet of beef caramelized with Dijon mustard and demerara sugar

Dessert: Panna Cotta with raspberries

Telephone Number: 01304 611145

Unicorn

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The George, Lydd

Starter: Smoked haddock and leek risotto

Main Course: Leicestershire fillet steak stuffed with Stilton with a red wine, mushroom and stilton cream sauce

Dessert: Raspberry brulée

Telephone Number: 01797 321710

Martins

Starter: Seafood platter – A selection of fresh local fish for one or available to share for two or four

Main Course: Gruyere chicken – A chicken breast stuffed with gruyere cheese, wrapped in bacon and filo pastry then oven baked. Homemade thick cut chips and a rocket and mixed leaf salad

Dessert: A selection, all homemade, such as Chocolate pecan Gateau

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Nigel jazzes up Margate

Classical violinist Nigel Kennedy will be paying tribute to legend Miles Davis at the Big Sky Jazz Festival

ONE of Britain's biggest classical stars will be visiting Margate as part of the Big Sky Jazz Festival.

Nigel Kennedy, the best-selling classical violinist of all time, will pay tribute to jazz legend Miles Davis at the Winter Gardens on Friday. It will be one of the highlights of the three-day festival, with exciting events taking place at venues in and around the town.

A leading violin virtuoso, Kennedy has won fans all over the world,

bringing new audiences to the classical genre with his unique talent and fresh approach to both classical and contemporary music. As a child,

Kennedy became the most famous protégé of Yehudi Menuhin, who paid the promising youngster's fees while he was studied at the Menuhin School. Kennedy moved on to study under celebrated teacher Dorothy DeLay at the Juilliard School of Music in New York, before exploding on to the music scene in the late 70s.

His impressive debuts include his 1977 performance at London's Royal Festival Hall, the Berlin Philharmonic in 1980 and his New York orchestral debut in 1987. During his long career Kennedy has performed for numerous members of the Royal family and received many accolades, such as Outstanding Contribution to British Music and Male Artist of the Year gongs at the Brit Awards.

From his first award-winning recording in 1985, Kennedy has created an extensive discography. His recording of Vivaldi's Four Seasons entered the Guinness Book of Records as the bestselling classical work of all time, with more than two million copies sold. In 2002 he was appointed artistic director of the Polish Chamber Orchestra, an office once held by his mentor, the late Lord Menuhin.

His passion for jazz is well-known, having produced the album Blue Note Sessions which featured a band of jazz giants such as Ron Carter and Jack DeJohnette.

Currently he is working on a new album of original works with his quintet.

The Big Sky Jazz Festival is organised by Margate Town Partnership, with the support of Thanet District Council. It is now in its fifth year and the 2009 event has attracted some of Britain's most exciting jazz talents. Other key concerts in the festival line-up including performances by British jazz guitarist Mark Hewins and his trio, the original District Six South African band, Henry Lowther's Still Waters, Sarah Moule and Simon Wallace, Annie Whitehead's Big Sky Big Band, Lackadaisical Big Band, Christine Tobin Band and John Etheridge.

These great names will be performing live and free on the piazza throughout the weekend.

Tickets for Nigel Kennedy's concert cost £22.50/£11. To book, call 01843 292795/296111 or visit www.margatewintergardens.co.uk.

For more information about the festival, phone 01843 297350 or visit www.visitthanet.co.uk.

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BLÉRIOT ANNIVERSARY FLIGHT

Saturday and Sunday,
July 25-26
Duke of York's Royal Military
School and Dover seafront

DOVER 2009 will celebrate the 100th anniversary of Louis Blériot's epic flight across the English Channel this weekend.

Dover District Council and Cresting Ltd have announced an exciting line-up of entertainment to commemorate this aviation landmark, including a thrilling air pageant taking place on both days.

A historic re-enactment by Blériot XI aeroplanes, led by Mikael Carlson, will arrive at the Duke of York's Military



School between 6pm and 6.30pm on Saturday. Other highlights include appearances by a Spitfire, the Great War Display Team, the RAF Red Arrows and La Patrouille de France.

Dover seafront will be alive with exhibitions, refreshment outlets, live music and other entertainment. There will be even more on offer at the Duke of York's Military

School, which will host exhibitions, static and aerial displays and more during both days. A spectacular firework display will light up the sky over Dover harbour from about 10.15pm on Saturday.

Admission to the seafront is free. Tickets for the school cost £10/£5 for adults, £5 for children and £25 for families. For more information, visit www.dover2009.com.

JOE PASQUALE

Thursday, August 6
Leas Cliff Hall, Folkestone

POPULAR comedian Joe Pasquale will be offering two hours of escapism in his new comedy show.

For his summer tour, Pasquale is following the great British tradition of visiting venues in seaside and holiday resorts to deliver some much-needed laughs. The show will include lots of magic, mishaps and music, while his trusty twin brother, Raynard, will also be making an appearance.

Another highlight will include a personal tribute to Nostradamus, to whom Pasquale claims he is related, and the comedian will be attempting to make some predictions of his own.

Pasquale has been delighting live audiences and appearing on television for many years. He became even more popular after winning I'm A Celebrity, Get Me Out of Here in 2004 and is a big draw for pantomime audiences. Last year he directed and starred in Peter Pan at Dartford's Orchard Theatre.

The show starts at 7.30pm and tickets cost £17. To book, phone the box office on 0844 847 1776 or visit the website at www.leascliffhall.org.uk.



PUSSYCAT DOLLS AND MORE

Saturday and Sunday, July 25-26
Quex Park, Birchington

FROM American chart-toppers to a British wartime icon, two very different music events take place at Quex Park this weekend.

On Saturday, superstar girl group Pussycat Dolls will be rocking the stage when they headline the Sound Island Festival. These five stunning girls have entertained fans all over the globe with their worldwide Doll Domination Tour this year, including dates at London's O2 Arena, but now fans in Thanet can see them right on

their doorstep. X-Factor finalists JLS will also be performing, along with a line-up of other great bands.

The following day, music lovers can enjoy a more traditional concert with the Quex Spitfire Prom. Take a picnic and settle down to enjoy the event, which takes music from flying films for its theme in the first half. Highlights will include an aerial display by a Spitfire ML407 and the fantastic firework finale.

Tickets cost £32.50 for the Sound Island Festival and £27/£15 for the Quex Spitfire Prom. To book, phone 0115 912 9000 or 01843 296111/292795, or go online at www.gigantic.com.

YOUR LEISURE

Sunday's the day teddy bears have their picnic

TEDDY bears are invited to join in the fun when a special picnic is held at Ramada Dover on Sunday including a burger or hot dog, pop corn, a drink of juice and an ice lolly.

The event runs from 3-6pm. Tickets cost £9 adults, £4.50 children and free for under-threes. Bring a teddy bear to receive a £1 discount. Call 01304 872841 or email events@ramadadover.co.uk.

You won't be board at Dover Museum day

LEARN how to design and make your own board game at Dover Museum's next Family Day.

On Friday adults and children are invited to create a game between 10am and 4.30pm. The workshop is free but museum admission fees apply. Entry is free for Dover District Council residents with proof of address. For details call 01304 201066 or visit www.dovermuseum.co.uk.

You'll experience some happy emotions at pub

HUSBAND and wife duo Mixed Emotions will be bringing their chemistry to two pubs in Dover this week.

The couple has been performing together for 18 years. Find out more at www.mixedemotionsworld.com.

Mixed Emotions will be appearing at the Park Inn in Park Place on Friday and the Sutton Vale Country Club in Vale Road, Sutton, on Saturday.

Author puts her mark on Dover celebrations

KENT author Susan Pope will be joining the celebrations at Dover 2009 to sign copies of her book, *Lighter Than Air*.

The novel is set against the backdrop of the Hindenburg airship disaster in 1937. Pope will be selling and autographing books in the marquee at the Duke of York's Royal Military School.

Find out more about the book online at www.susan-pope.co.uk.

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Festival is Hevy-ing with great alternative bands



MAKING MUSIC: Electro-pop star Gary Newman, top, and Hundred Reasons will be at the Hevy Music Festival

MUSIC often mirrors life, in as much that bad things in the industry also come in threes; Atomic Kitten, 911 and Cleopatra being three examples of terrible trios.

As always, however, there is an equal yin to the yang. For us Kentish folk we have summer music festivals.

Having already enjoyed the Hop Farm and Lounge on the Farm weekenders, next up we have the Hevy one-dayer, completing the trio of good events.

Take that Atomic Kitten.

The Folkestone beach event – taking place on Saturday, August 1 – features 25 bands and singers across three outdoor stages.

Among the biggest draws are British rockers Feeder, Ash and Hundred Reasons and 80s superstar Gary Numan.

The majority of the bill is dedicated to lesser-known, more obscure bands.

A Hevy Music Festival spokesman claimed this was their intention, saying: "There are

■ BY SIMON ROBINSON

many fantastic new festivals being developed in Kent this year.

"Having grown up in Canterbury, it's great to see so much live music being offered in this corner of the UK. To try to create something a bit different, and cater for a market that we felt could do with some attention, we're developing this as an alternative music festival.

"For our first year we're keeping things simple, with a one-day event featuring a diverse line-up of huge bands from the world of alternative music.

"We're hoping to develop the event next year, with more bands on more stages, possibly over a number of days."

Tickets to the festival cost £48 and are available from www.hevy.co.uk or Leas Cliff Hall, Folkestone, the Marlowe Theatre, Canterbury, and the Winter Gardens, Margate.

Gates open at 1pm. For more information, visit www.hevy.co.uk.

MAIN STAGE: Feeder, Ash, Gary Numan, The Blackout, Hundred Reasons, Attack! Attack!, Sonic Boom Six, In Case Of Fire

SECOND STAGE: Cancer Bats, We Are The Ocean, The Ghost Of A Thousand, The Xcerts, Heartbreak, Sharks, Farewell City, Mexico Fallz, After The Ordeal

THIRD STAGE: LightsGoBlue, More Than Normal, Amber Room, One Day Elliott, Elephants, The Startover, Kingskin, Eleven Eleven

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- 5 Backburner - 19/9 The Clarence Hotel, Hastings



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Woodland Trust T-shirt,
price £18

ALDO

Telles sandals, price £75

IN STORE

Asda offers no-quibble schoolwear guarantee

SCHOOL uniforms can be a drain on household funds, but Asda is offering a 100-day guarantee on its schoolwear.

Prices start from £1.75 for sweaters, £5 for boys' grey trousers and £2 for boys' short-sleeved shirts. Asda is offering an exchange or refund on its products if customers are not happy with the quality.

For terms and conditions visit the website at www.asda.com.

Give your kitchen a look to top all others

GIVE your kitchen a makeover with the help of Granite Transformations.

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For information, visit the showroom at Tunbridge Wells Trade Park, call 01892 517385 or go online at www.granite-transformations.co.uk/tunwells.

Take care of your pets both home and away

PETS at Home is urging people to think carefully when travelling with animals.

Their top tips include providing fresh water; restraining dogs with a harness or barrier; carrying animals in a wire-mesh box rather than a cardboard one and never leaving pets alone in a car.

The store's range of travel products includes Serene-UM car sickness tablets (£6.06 for 30) for dogs and cats. Visit your local store or go online at www.petsathome.com for details.

Jeanette tells a case full of stories for kids

CHILDREN'S author Jeannette Towey will be talking about her work at Waterstone's in Tunbridge Wells this weekend.

She will be chatting to customers about her story, which appears in the anthology A Suitcase Full of Stories, and signing copies upstairs in the children's section from 11am on Saturday.

For more information, call 01892 535446. Find out more about all Waterstone's events online at www.waterstones.com.

Fill your Boots in the up-to-half-price offer

SHOP online to take advantage of the up-to-half-price summer sale at Boots.

Bargains include the BaByliss Elegance 2000 hairdryer, reduced from £24.46 to £16.31. The Scene It? Movie 2 game is now half price at £14.68 and the Ultrasonex Phaser Toothbrush 10383 has been slashed from £58.72 to £39.14.

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YOUR TV REVIEW

■ BY TOM BETTS

AIRLINE
ITV1, 8pm, Friday
TORCHWOOD: CHILDREN OF EARTH BBC One

I HATE flying, but I love Airline, the fly-on-the-wall show that follows the turbulent work lives of those who earn a living serving easyJet.

"It's not easy being green," sang Kermit the Frog many moons ago, but these workers could easily change that to it's not easy being (decked in) orange as the staff of the budget airline endure the vociferous bile that is usually reserved for paedophiles and killers.

There's a lot of shouting in this show – and I do mean a lot.

Much of the action centres on the check-in desk as people turn up late, without passports or often drunk as skunks and then expect to be let on to their flight regardless.

Airline is back for a 20-week run on ITV1, which means there'll be a lot of stamping of feet and rows in broken English.

Brilliant!

Arguments may be horrible things to be involved in first-hand, but they make cracking television.

There are lots of less interesting bits about the day-to-day operations, but really this is all about those "Get me on that plane, you mug" moments, and we thank it for that.

You have to hand it to the staff – many of them seem to have developed skin thicker than the Hoover Dam and rarely bat an eyelid when someone is up in their face hurling a stream of abuse their way.

I doubt many of us would be able to operate under such stress.

I've panned Torchwood in the past – and with good reason.

More often than not it's been awful



ALIEN INTERVENTION: Torchwood's recent storyline has proved the show is getting better

nonsense that seems to exist only as the reinvention of Doctor Who, which has been such a huge success.

However, I must admit that five-parter Children of Earth was actually rather good and had me hooked.

The acting was nothing to get too excited about, but the storyline, about a brutal alien race demanding ten per cent of the planet's kids to use as some kind of recreational drug, was a good and original idea which worked rather well.

Stretching it out to every weekday night may have been pushing it a bit far, especially at a whole hour per episode, but credit where it's due.

It bodes well for the next series, if they decide to make one.

If they don't, then it would be a shame finishing just as the light at the end of the tunnel had finally loomed into view.

YOUR WEEK'S HOROSCOPE

BY RUSSELL GRANT



AQUARIUS (Jan 21-Feb 19)

THERE'S never been a better time to start getting in shape. If you've had difficulty staying on track before, that won't happen now. It will be much easier to lose weight, tone up and not put it all back on. Financial difficulties could put a damper on your love life.

• To find out more about what the stars have in store call Russell on **Aquarius** 09067-531762



TAURUS (Apr 21-May 21)

YOUR ideas will be a real hit today. It's possible you will be offered a job that involves teaching or writing. This position will put you in contact with some interesting people. Normally, you prefer sticking with your own kind. This time around, though, you'll enjoy mixing.

• To find out more about what the stars have in store call Russell on **Taurus** 09067-531753



LEO (Jul 24-Aug 23)

TRUSTING your instincts will help you bond with someone special. The two of you have a powerful chemistry between you. If you're single, you could meet someone special at a place of worship or a hospital. This encounter will make you believe in love at first sight.

• To find out more about what the stars have in store call Russell on **Leo** 09067-531756



SCORPIO (Oct 24-Nov 22)

A CHANCE to travel abroad, widen your knowledge base or get published could arrive quite suddenly. Follow it up and life will never be the same afterwards. A close relationship could be showing signs of strain. Your friends may not approve of a new partner.

• To find out more about what the stars have in store call Russell on **Scorpio** 09067-531759



PISCES (Feb 20-Mar 20)

A ROMANCE, project, or family decision could turn your life around. It's time to make room for joy and that might mean cutting back, even at the risk of losing money. You don't need to be wealthy to have fun. A friend may try to fill your head with fears regarding career prospects.

• To find out more about what the stars have in store call Russell on **Pisces** 09067-531763



GEMINI (May 22-Jun 22)

A JOB opportunity helps you on the road to fame and fortune. It's great to get paid for something you love to do. Opportunities related to entertainment, charity, and health care are all options. However, a dour relative may have a dim view of your career choice.

• To find out more about what the stars have in store call Russell on **Gemini** 09067-531754



VIRGO (Aug 24-Sep 23)

PITCHING in with a team effort gives you a new lease on life. Generally, you like being of service to others, but working with your peers will give you a greater sense of confidence. An authority figure could be giving you mixed signals, which makes your job much harder.

• To find out more about what the stars have in store call Russell on **Virgo** 09067-531757



SAGITTARIUS (Nov 23-Dec 21)

THINGS are looking good right now thanks to a romantic or business partner. Now you have more money, you can afford a down payment on a house. Resist the urge to spend it on meaningless luxuries. Struggles in your career are a result of poor communication skills.

• To find out more about what the stars have in store call Russell on **Sagittarius** 09067-531760



ARIES (Mar 21-Apr 20)

IT'S a good time for buying or selling property. This will happen quite suddenly and the result will be great. You may want to move to a private spot. Although you're very social, you need a secluded area to recharge your batteries. Work can be something of a challenge now.

• To find out more about what the stars have in store call Russell on **Aries** 09067-531752



CANCER (Jun 23-Jul 23)

YOU could discover some hidden talents this week. Finding surprising ways to apply your expertise gives you a new level of confidence. Don't be surprised if you're asked to teach, write or lecture. People look to you as an authority, even if you don't have formal training.

• To find out more about what the stars have in store call Russell on **Cancer** 09067-531755



LIBRA (Sep 24-Oct 23)

PUBLIC recognition is coming your way, so get ready for the spotlight to be trained on you. It's great to know people enjoy your creative vision. If you've ever wanted a career in fashion, film, or television take the plunge now. Offer to work for free, if you have to.

• To find out more about what the stars have in store call Russell on **Libra** 09067-531758



CAPRICORN (Dec 22-Jan 20)

OLD relationships evolve into newer, stronger friendships. Someone could get engaged or married quite suddenly. It's even possible you'll form a business partnership. No matter what the nature of this bond, it will have some unusual aspects. You could be complete opposites.

• To find out more about what the stars have in store call Russell on **Capricorn** 09067-531761

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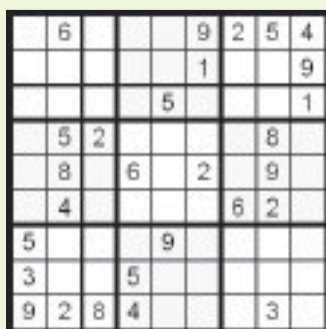
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Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9

EASY



MEDIUM



HARD



CRYPTIC CLUES

ACROSS

- 1 Notes by river perhaps the movement of money (4,4)
- 6 Illusion of silver in swamp (6)
- 9 Attack name included for pancake (6)
- 10 Number on phone about Greek general (8)
- 11 Direct speech? (8,4)
- 13 By which chauvinist might express annoyance (5)
- 14 Throw bullet from catapult (9)
- 17 Removed fault fast as it is windy (9)
- 19 Inexperienced environmentalist (5)
- 21 Rail-car? (7,5)
- 24 Woman who flirts on river in Northumberland, say (8)
- 25 Natural rind be removed (6)
- 26 Reach former nurse (6)
- 27 Saying vegetable in outer covering is good initially (8)

DOWN

- 2 With skill profitably somewhat (4)
- 3 Were eyes in the back of the head used with this? (9)
- 4 Reptile found in sitting-room? (6)
- 5 Bird to grow beak! (7)
- 6 I leave German city with gin-sling chewing (8)
- 7 Drunkard came up to pocket billiard ball again (5)
- 8 Pretty girl perhaps is well-behaved observer (4-6)
- 12 Letter from William exchanging tuxedo (6-4)
- 15 Beast had three months with book, nothing less (9)
- 16 Distributed, dealt lot out (8)
- 18 Novelty of unworn cape (7)
- 20 I get in fancy light (6)
- 22 Note police going inside during suspension of hostilities (5)
- 23 Some who move inside have distinctive manner (4)

SCRIBBLE HERE



QUICK CLUES

ACROSS

- 1 Control column (8)
- 6 Assent (6)
- 9 Secluded footway (6)
- 10 Large horned bird (5-3)
- 11 Vulnerability (12)
- 13 Pool (5)
- 14 Flu (9)
- 17 Misleading (9)
- 19 Pong (5)
- 21 Stallholder (6,6)
- 24 Disunion (8)
- 25 Carole (anag.) (6)
- 26 Chinese fruit (6)
- 27 Rebel (8)

DOWN

- 2 African antelope (4)
- 3 Pasta (9)
- 4 Breathe in (6)
- 5 Moscow citadel (7)
- 6 In an imposing way (8)
- 7 Remove dirt (5)
- 8 Reducing workforce (10)
- 12 Render unfit (10)
- 15 Amuse (9)
- 16 Terrapin (8)
- 18 Word from initials (7)
- 20 Skilful (6)
- 22 Town NW of Aberdeen (5)
- 23 Hint (4)

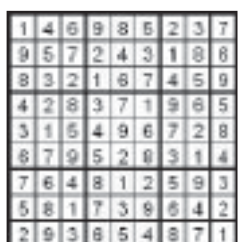
LAST WEEK'S SOLUTIONS

SUDOKU SOLUTIONS No96

EASY



MEDIUM



HARD



CRYPTIC SOLUTION No96

ACROSS: 1 By the by 5 Ghosted 9 OMOV
10 Bumfreezer 12 Jurassic 13 Creepy 14
Action replay 17 Quelque chose 21 Pampas
23 Pick-me-up 24 Historical 25 Tidy 26
Unknown 27 Cricket. **DOWN:** 2 Yum-yum
3 Have a ball 4 Baby-sit 6 Hire car 7 Siege
8 Exemplar 11 Microscopic 15 Pneumatic
16 Duration 18 Unscrew 19 Oscular 20
Dundee 22 Paten.

QUICK SOLUTION No97

23 Clue.
Tortoise 18 Acronym 20 Adroit 22 Keith
Downsizing 12 Disqualify 15 Entertain 16
4 Inhale 5 Kremlin 6 August 7 Clean 8
27 Multitimer. **DOWN:** 2 Oryx 3 Spaghetti
Trader 24 Division 25 Oracle 26 Lychree
Influencer 17 Equivocal 19 Sink 21 Market
10 Eagle-owl 11 Helplessness 13 Kitty 14
ACROSS: 1 Joystick 6 Accede 9 Byspath

Answers to all of this week's quizzes can be found on our website

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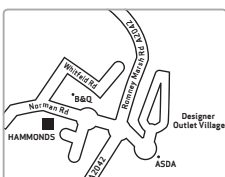
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THERE'S more to Egypt than the Pyramids of Giza and a trip deep into the western desert reveals one of its less well-known treasures.

A three-hour drive south from the coastal town of Marsa Matruh, and 350 miles south-west of bustling Cairo, Siwa Oasis is a dust-coloured settlement that has changed little in centuries.

But the 'oasis of a million palm trees' is more than a patch of green in an expanse of sandy desert. It boasts several ancient ruins, including the Temple of the Oracle (pictured) linked to Alexander the Great and its own 'mountain of the dead' containing ancient tombs.

The palm trees which give the city its name and are so important to the area that they cannot be chopped down. As a result, our hotel had several trees protruding through the dining room and up into the terrace where they cast a welcome shadow from the sun.

Unlike the Western bustle of Cairo, Siwa is a traditional place – the women are totally covered in public and there isn't a drop of alcohol to buy. However, they don't mind if you bring your own.

We headed out of town to see

■ BY EMILY BEAUMONT

some of the places originally settled by the Bedouin before they moved into Siwa, as well as the salt lakes and springs which rise like mirages out of the desert.

One of the highlights of the trip was the desert safari, where we stopped at an oasis lake for a swim, before heading to a part of the desert littered with the fossils of seashells dating back millions of years to when the Sahara was at the bottom of the sea.

We also went to Giza, where the crowds of tourists, the camel-ride salesmen and the security searches are as much a part of the experience as the Pyramids themselves.

Our Egyptologist guide dismissed a number of the theories about the Pyramids – including the belief they were built by slaves – but told us their dimensions were perfect for withstanding earthquakes. We got a chance to see belly dancing and whirling dervishes on a Nile cruise, which fabulously showed off the capital city by night.

It was a world away from the donkey carts and sunsets over the desert of Siwa, and hard to believe the two places were part of the same country – and the one trip.



FACT FILE: EGYPT

Time difference	+Three hours (GMT)
Capital	Cairo
Language	Arabic
Population	76 million
Currency	Egyptian pound
Religion	Muslim
Climate	Arid



Travel details

Emily Beaumont was a guest of On the Go Tours, which offers the seven-day Siwa to Alexandria group tour from £549 (land-only), monthly through 2009. Package includes B&B accommodation, two lunches, two dinners, guide, all transfers. Return flights into Cairo are arranged by On the Go from regional departure points. Reservations: 020 7371 1113 and www.onthegotours.com.

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PROPERTY NEWS

Lender offers 125% to tackle negative equity

THE Nationwide Building Society is offering a 125 per cent mortgage, but it is only available to existing customers in negative equity who want to move house.

The UK's largest building society said it was a "niche offer" and not everyone in negative equity will be eligible.

These types of loans have been criticised in the past, and since the credit crunch have been withdrawn from the market altogether.

They were available at the height of the property boom and borrowers were immediately placed in negative equity once house prices began their descent.

The Financial Services Authority is considering restricting mortgage loans to 100 per cent of a property's value.

Meanwhile, under the Nationwide's new offer, borrowers would take out a loan for 95 per cent of the value of their new property at a fixed rate of 6.73 per cent for three years or 7.48 per cent for five years.

The interest rates for the additional borrowing, up to another 30 per cent, rise to 7.23 per cent and 7.98 per cent respectively.

First-time buyers get cash help from parents

CASH gifts and loans from parents and other family members are boosting the housing market for young first-time buyers.

Data from the Council of Mortgage Lenders says 80 per cent of first-time buyers under the age of 30 are likely to have received help from parents to make the 25 per cent downpayment now required by the majority of lenders, the council says.

In 2006, this figure was about 40 per cent.

However, figures are still down on similar statistics for 12 months ago, despite the rally.

Some 14,000 loans to buy homes were made to first-time buyers in May, up 2 per cent from April but still almost 30 per cent down on May 2008.

However, the data also suggests that lenders are no longer tightening their criteria when it comes to putting out money, a trend which has been evident since late last year.

Average loans to first-time buyers were almost three times income in May, the same as April, according to the findings.



Recovery hindered by under-valuations

■ BY NICK AMES



OBSTACLE: Banks' surveyors have been accused of under-valuing properties in a bid to restrict lending

PEOPLE looking to buy a new home are being thwarted by banks offering mortgages below the builder's asking price, two of the country's largest homebuilders claim.

Barratt Developments and Redrow have accused banks of stalling the housing market's recovery by downgrading their valuations on new properties in a bid to restrict lending.

The activity means that househunters have to come up with more cash than they would normally need to complete purchases.

Redrow said the "widespread practice of downvaluation by surveyors representing mortgage lenders" posed a "major obstacle to the recovery of the housing market".

Having agreed a price with the prospective buyer, Redrow said deals were then being undermined when surveyors valued the homes at less than the asking price.

This meant that potential buyers could only get a mortgage for the valuation price, leaving them to either come up with a larger deposit or pull out of the sale.

Redrow, which saw completed sales slide 46 per cent to 2,113 in the 12 months to the end of June, blamed the gap in valuation for about two-thirds of its cancellation rate of 20 per cent as potential buyers were forced to give up on buying the property.

Steve Morgan, company chairman, said: "It's not happening all the time, but there are too many incidents of it. We're seeing a tremendous discrepancy over valuation."

Newly-built houses can be more expensive compared with older houses, but a Redrow spokesman said there were cost savings associated with newer homes, such

as included energy efficiency. The concern was echoed by Mark Clare, chief executive of Barratt Developments, who said the policy was creating a "two-scheme mortgage sector".

"Someone who has equity or savings might be able to manage, but a first-time buyer might be left in a situation where they can't proceed," he said.

He added that one of the key problems was surveyors comparing a new-build to an older house.

"We're not asking for new-builds to be valued at a premium, but for them to be valued appropriately," said Mr Clare. "If we can't get the right price, we will remarket the property."

Mr Clare added that the current situation was more buoyant and "dramatically different" to the autumn, when the company was trying to reduce stock and had to take what was being offered.

"We're now building to order," he said.

Barry Hall, of the Royal Institute of Chartered Surveyors, said the initial builder's price was not necessarily a market valuation.

"If a surveyor values the house at less than the asking price, that's presented as a down-valuing, but that's a myth," he said.

He added that there was "nothing wrong" with lenders asking surveyors asked to value a house as second-hand rather than new, but added he was "not convinced" that the lender always made this clear to the buyer.

Mr Hall said there had been problems in the past with housebuilders adding incentives to the cost of a new house such as fitted carpets or a year's free groceries, masking the real price.

A spokesman for the Home Builders Federation said: "There is an issue with valuations and it's a concern to the industry."

"We are trying to work with the lenders, their representatives and the Government to find ways to improve the situation."

Signs of growing confidence

OPTIMISM in the housing market is rising in the South East as potential buyers continue to show interest, according to the Royal Institute of Chartered Surveyors.

A survey for June found that confidence is returning, thanks to a rise in price expectations, supported by low levels of stocks on surveyors' books and increasing buyer enquiries.

Evidence that activity in the housing market is picking up, albeit from very low levels, has increased surveyor optimism.

The net balance of surveyors in the region

expecting price increases rose, with 29 per cent expecting house prices to rise, compared with a negative reading of five per cent in May.

The rise in optimism has been driven by the continuing upturn in buyer enquiries and falling levels of fresh supply.

The survey also contains more definitive signs that the rebound in enquiries is now feeding thorough into increased transactions.

Sales rose again, with the average numbers of properties sold over the past three months rising to 12.7, up from 11.7 in May.

Jeremy Leaf, RICS South East spokesman, said: "Although the market is showing signs of improvement, it is unlikely that there will be a sustained recovery while mortgage lenders remain risk-averse."

"A lack of supply on the market is providing a platform for modest price increases."

"While supply remains tight, the market is likely to show tentative signs of progress, but instructions are starting to increase and will dampen any serious improvement while economic conditions remain uncertain."

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Castle Avenue

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OIEO £145,000

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A three bedroom semi detached house. Porch, Lounge, Dining room, Kitchen, Bathroom, Garage and Garden. Early viewing is highly recommended.



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OIEO £225,000

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£195,000

Don't overlook this spacious three bedroom detached bungalow offering two receptions, bathroom and additional cloakroom, 50' rear garden, garage.



Dymchurch

OIEO £160,000

Semi-detached bungalow in cul de sac location. Refurbished by its' current owners. Lounge, kitchen, two bedrooms, bathroom, detached garage.

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Investment opportunity. One bedroom ground floor flat. No chain.

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Top floor maisonette with two bedrooms, double glazing, gas central heating and garage.

DOVER



£99,995

Two bedroom terrace house with double glazing and gas central heating. Ideal first purchase.

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Three bedroom terrace house with two reception areas, double glazing, gas heating, rear garden.

AYCLIFFE



£130,000

Three bedroom semi detached house with utility area and conservatory.

AYLESHAM



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Two bedroom semi detached bungalow with double glazing, gas central heating and parking.

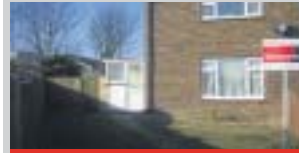
LYDDEN



£137,500

Two bedroom chalet bungalow, two reception rooms, utility room, double glazing, central heating, gardens.

ST MARGARETS AT CLIFFE



£140,000

Two bedroom semi detached house with double glazing, gas central heating and garden.

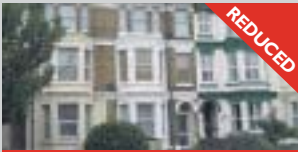
RIVER



£162,500

Two bedroom apartment over two floors with roof terrace and galleried landing. gas central heating.

DOVER



£167,500

Four bedroom character property with two reception rooms, double glazing, gas central heating and garden.

DOVER



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FOLKESTONE



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Newly refurbished two bedroom terrace house with fitted kitchen appliances and new carpets throughout.

FOLKESTONE



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Much improved, fitted kitchen, modern bathroom, extended garage/utility and landscaped gardens.

FOLKESTONE



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Well presented semi detached family home, cleverly designed, independent one bedroom annex. Landscaped gardens.

FOLKESTONE



£149,950

Three bedroom ground floor flat situated in the sought after 'West End'. Cloakroom and dressing room.

FOLKESTONE



£239,995

Four bedroom house with conservatory, utility room, double glazing, gas central heating, gardens and garage.

FOLKESTONE



OIEO £275,000

Four bedroom house, three floors. Fitted kitchen, breakfast room, study, cloakroom, cellar, ensuite and two bathrooms.

FOLKESTONE



£149,995

Two bedroom terrace house with two reception rooms, double glazing, gas central heating, rear garden, workshop.

FOLKESTONE



£295,000

Bay fronted semi that has undergone modernisation and refurbishment. Four floors mostly double glazed, CH.

HYPHE



£395,000

Lounge, dining room, kitchen, utility, three bedrooms, two en suites, delightful gardens, off road parking.

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FOLKESTONE

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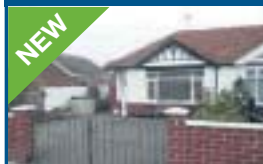
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SALES

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Dover | £135,000-£155,000

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- Enclosed Rear Garden
- Central Town Location

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Dover | £115,000-£135,000

- 3 Bedrooms, Double Glazing
- Central Heating, No Chain
- Central Location On The Level

DOVER OFFICE | 01304 214876



Dover | £105,000-£125,000

- 3 Bedrooms
- Over 3 Floors
- Enclosed Garden To Rear

DOVER OFFICE | 01304 214876



Dover | £94,995-£114,995

- 2 Bedroom 1st Floor Apartment
- Outstanding Panoramic Views
- Central Location/No Chain

DOVER OFFICE | 01304 214876



Dover | £44,950

- 2 Bed First Floor Flat
- In Need of Refurbishment
- Parking Space/No Chain

DOVER OFFICE | 01304 214876



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WOMEN seeking men

MATCH OF THE DAY!

Fun-to-be-with, blonde female, 25, 5ft2, a woman who loves football! Enjoys going out and staying in, looking for a like-minded man, to be her soulmate. Box 446494 **1**

A NIGHT TO REMEMBER

Hi I'm Katie, caring, fun-loving, 5ft5, slim single mum of 2. Enjoy clubbing out and cosy nights in with genuine man. Box 479522 **1**

IT'S ALL ABOUT YOU BABY

Caring and honest lady, 25, blue eyes, blonde hair, looking for a sweet, caring and respectful non-smoking man, 25-35, for love, friendship and LTR. Box 879522 **1**

NOT YOUR BROWN-EYED GIRL, BUT...

Blue-eyed brunette, 27, 5ft1, loves films, walking, darts, pool, singing, me time! Looking for honest guy with GSOH, to get to know. Box 880105 **1**

YOURS AND YOURS ONLY

Attractive, down-to-earth British-Indian single mum, 29, WLTW white British male, 29-34, no ties, for long-term relationship. Box 883431 **1**

GIVE AND TAKE IN LOVE

Loving loyal female, 30, blue eyes, brown hair, seeking LTR with male 30-35, 6ft+, no baggage, in the Maidstone area. Box 448471 **1**

SEEKING MR DARCY

Warm, kind and sincere woman, 31, lots of love and loyalty for the right person, seeking an honest genuine man with a good heart. Box 451004 **1**

HORSES FOR COURSE...

Caring, loving, affectionate female, 30, 5'2", blonde, likes walking, horse riding, animals, seeks affectionate male, 30-40, for lasting, loving relationship. Box 384013 **1**

HAPPY DAYS!

Attractive, fun-loving female, 31, 5'4", size 12, dark hair with blonde highlights, tactile, WLTW intelligent, professional, attractive guy, for a happy relationship. Tunbridge Wells. Box 308734 **1**

IN THE COUNTRY

Are you the one? I'm 33, single, 5ft2, pure country lass from farming background, seeking my lovely country man to make me forever happy. Box 882265 **1**

GOOD LUCK CHARM

Sporty female, 34, 5ft2, likes the gym, beach walks, Tennis and cycling, WLTW similar male in his 30s for friendship in Eastbourne. Box 453712 **1**

A FAIRYTALE ENDING!

Princess Fiona, 34, looking to meet her Shrek. 5ft8, short brown/blonde hair, blue eyes, large build, seeks romantic caring guy for friendship, maybe more! Box 877957 **1**

FEAST YOUR EYES ON ME...

Hello I'm Andrea, 35, petite 5ft3, shoulder length curly hair. I enjoy eating out, cinema and I'm looking for friendship and possible long term relationship. Box 453039 **1**

SOUND GOOD?

Hello I'm 35, kind, caring and non-smoking, enjoy cooking, cinema, music, dining in and out, looking for that special someone to enjoy a relationship with. Box 447595 **1**

SEALED WITH A KISS

Petite lady, 36, long hair, blue eyes, single mum, enjoys holidays, wine and dining, laughing, seeks loyal, loving man for friendship and more. Box 453079 **1**

STARRY NIGHTS

Hello I'm Sarah, single mum from Kent, brown hair enjoy swimming nights in/out looking for a caring man to share the best thing in life. Box 878378 **1**

GALLOP AHEAD!

Maidstone-based woman, 36, 5ft5, slim, blue eyes. I'm caring, honest and have 4 children. I enjoy driving, horse riding and WLTW honest, reliable man. Box 451311 **1**

HISTORIC MEETING?

Mum of three, 36, long mousey hair, blue eyes, interested in historical places, music, eating out, seeks kind, caring, genuine male 36-49, non-smoker, for LTR. Box 440693 **1**

LOVE TO LOVE YOU

Lovely female, 36, 5ft4, medium/large build, blonde hair, blue eyes, own house, loves walking, going out, the usual! Seeking male for long-term/serious relationship. Box 438102 **1**

CALL ME

Happy but shy girl of 37, loves all the normal things in life, seeks a mature guy, hoping for something lasting and meaningful. Bexhill-on-Sea. Box 452424 **1**

MEND A BROKEN HEART

Single mum, 37, fun-loving, been hurt in past, looking for nice, genuine guy for hopeful happiness - no time wasters! Box 908053 **1**

THE WIT TO WOO!

Kent female, 40, 5'7", dark eyes, GSOH, no ties, likes cosy nights in, socialising, country pubs, cinema, seeks loyal, caring male, for friendship & more. Box 152862 **1**

LIFE IS GIVING LOVE A GUARANTEE

Down-to-earth lady, 42, sincere, honest and reliable, looking for a male for friendship first, going out, enjoying evenings and perhaps something more later on. Box 449712 **1**

BELLA ISABEL

Lovely, fun and caring brunette, 42, recently divorced, intelligent, hard working, fun-loving, WLTW a gent to socialise with. Box 878250 **1**

LIVE LIFE TO THE FULL

Good-looking brunette from Kent, 43, 5ft10, likes bowling, eating in/out etc. Looking for a good-looking guy, 35-45, with GSOH for friendship/relationship. Box 450349 **1**

IS THIS YOUR?

43yr old woman, divorced, single mum, a Christian, genuine and honest, loyal. Looking for a similar male, a non-smoker, a professional, Kent area. Box 453580 **1**

YOU NEVER KNOW

Kind, loving and caring mum, 43, 5ft8, round but cuddly! Just looking for someone to share my life with...how about you? St Leonards-on-Sea. Box 446457 **1**

TLC ON OFFER FOR THE RIGHT PERSON!

Blonde, blue eyed woman, 44, fun-loving, looking for Mr Right! I love going out, nights in, movies, walking, local guys. WLTW the right man for TLC. Box 880280 **1**

THIS STATE OF INDEPENDENCE

Hard-working female, 41, 5'4", bubbly, independent woman, love to laugh, socialising with friends, looking for independent man who values TLC. Box 414156 **1**

LOVE TO MEET YOU

Kind woman, 42, outgoing, happy-go-lucky, sometimes shy. I like gardening, socialising, travel, walks. Looking for happy, fun fella. Aylesford Box 428464 **1**

A SOUL MATE

Black Christian girl, 39, likes country music, loving, considerate, kind and caring, looking for a like-minded man, 32-50, with a pretty inside. Box 453066 **1**

ENTHUSIASM ENCOURAGED!

Lovely pretty big-busted lady, 39, medium build, 5ft5, lots of energy! Likes the gym, reading, new experiences! seeking a nice man for potential exciting relationship! Box 446724 **1**

A NICE BOTTLE OF WINE

Lovely, glossy brunette, 39yr old, petite, bubbly and loving, enjoys theatre, music and eating out, WLTW a professional, loving and tactile male for a relationship. Box 442551 **1**

PERFECT MATCH

Hi I'm Nikki, 5ft7, brown hair, green eyes, enjoys animals especially my pets. Looking for a tall man who has a personality compatible with mine Box 453374 **1**

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YOUNG-AT-HEART

Attractive 39yr old female, dark brown hair, blue eyes, curvy physique, likes days out, music, concerts, cinema, walking, cycling, seeks loving, fun male, for friendship/relationship. Box 901893 **1**

JOINED AT THE HIP

Sociable petite girl with great SOH, 40, blonde, sociable, love football! Looking for fun guy with great SOH for inseparable partnership. Box 880434 **1**

TO THE STARS

Woman with a great sense of humour, I'm 40 and I like going out, astrology, wine and socialising. How about you? Kent area. Box 453877 **1**

BETWEEN US

Asian lady, 41, single, no ties, out going, fun loving, professional, looking for a white male, genuine, professional and solvent. Box 451900 **1**

FOR A RELATIONSHIP?

Shy but confident-once-known female, 40, likes socialising, tennis, walks, swimming; seeks gent with similar interests to find hopeful love with. Box 452106 **1**

THE WIT TO WOO!

Kent female, 40, 5'7", dark eyes, GSOH, no ties, likes cosy nights in, socialising, country pubs, cinema, seeks loyal, caring male, for friendship & more. Box 152862 **1**

LIFE IS GIVING LOVE A GUARANTEE

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BELLA ISABEL

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LOVE TO MEET YOU

Kind woman, 42, outgoing, happy-go-lucky, sometimes shy. I like gardening, socialising, travel, walks. Looking for happy, fun fella. Aylesford Box 428464 **1**

MISS THIS MISS OUT

Radiant, warm, witty, intelligent, attractive lady, 44, 5'6", love music, travel, restaurants, the arts, theatre, WLTW like-minded gent, 38-50 who's fun, cultured, solvent and kind. Box 430403 **1**

STARTING OVER

Divorced 45yr old cuddly woman, brown eyes/hair, likes swimming, animals, cinema, soaps, the beach. WLTW a honest, non-smoking man for friendship, maybe more. Ashford Box 878141 **1**

COME ON DOWN!

Honest, bubbly female 45, long hair, slim, enjoys walking, cinema, socialising, seeks honest, friendly chap for friendship leading to more. Box 882693 **1**

YOUNG AT HEART

Young 46, fun-loving but also mature, serious female, looking for someone fit, handsome, intelligent and full of fun. Box 884113 **1**

FRIENDSHIP FIRST

Understanding, caring female, 45, 5ft4, medium build, brown hair, likes cinema, animals, music, romantic pubs, seeking male for cuddles, hugs and more. Box 444873 **1**

MAID MARIAN!

Hi, I'm Marian, petite, blonde, green eyes, 46, looking for my Mr Right, to have fun with and enjoy lasting relationship with. Box 447986 **1**

FANCY A FILM?

Hi, I'm Pam, 47, 5ft11, brown hair, hazel eyes, slimish, divorced, looking for a LTR with a nice and genuine man. No time-wasters please! Heathfield. Box 448626 **1**

SOUND GOOD?

Hi I'm Lynne 46, 5ft4, dark hair/eyes, love reading/writing, going out, astrology, cars, seeking honest, caring, out-going guy to enjoy music, fun, friendship and more. Box 449186 **1**

ARE YOU THE ONE FOR ME?

Caring, cute female, 46, petite, likes socialising, dancing, travelling, good food, seeking intelligent, loyal man 42-52 for love and TLC. Seaford. Box 444366 **1**

2'S COMPANY

Seeking gent, 48-50ish. I'm a divorced woman, in Rye, 47, work in nursing and WLTW someone loving and faithful. I like meals out, theatre, arts, walks. Box 452503 **1**

LOOK THIS WAY!

Slim single mum, 46, 5ft5, light brown hair, works full time, friendly and easy-going, WLTW lots of new friends, hopefully someone special. Box 878456 **1**

BE MY FRIEND AND LOVER

Bubbly, caring lady, 47, divorced with 2 teenagers, dark hair, medium build, into cooking, driving, love to talk, laugh and have fun, seeking a normal guy Box 425952 **1**

ALL THAT I NEED

Young-looking, slim, attractive female, 48, fun-loving, outgoing, N/S, GSOH, likes reading, holidays, going out, staying in, seeks similar man, 42-50. Aylesford. Box 428833 **1**

SHARE A BOTTLE

This is Diane, I'm 51, 5ft7, quite curvy, very social, honest and friendly. I work full-time and want to spend time with a nice man. Box 453370 **1**

REPLY to an ad, call:
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CARING & PROFESSIONAL

Female 49, 5ft4, long hair, slim, likes eating out, beach, travel, seeks a friendly chap, 48-55. Hastings Box 417100 **1**

JUST IMAGINE

Petite, brunette, bubbly, friendly, easygoing single mum, 49, enjoys cinema, eating out, socialising, most things, WLTW genuine male, to see where life takes us! Box 893562 **1**

HIT THE JACKPOT

Good-looking female, 50, looking for a kind, reliable and honest man, must be a moderate drinker, for companionship and romance. Box 878216 **1**

BRING ME TO LIFE

Lighthearted female, 42, 5ft2, medium build, loves walking, socialising, swimming, holidays, looking for friendship maybe more. Box 453832 **1**

YOU DON'T KNOW UNTIL YOU CALL...

Young-looking, hard-working 53yr old living in East Sussex. I am a happy, caring person with a good sense of humour. Non-smoker. Heathfield. Box 883410 **1**

REAL THING

Tactile female, 54, 5ft3, medium build, likes walking, animals, countryside, places of interest, looking for an adventurous, Irish fellow to accompany me. Box 453859 **1**

DO YOU HAVE THE BRAINS & THE LOOKS?

Professional, attractive female, 54, enjoys the countryside, gardening, keeping fit, reading and live music, looking to meet an attractive and intelligent man for a relationship. Box 448863 **1**

LET'S SEE WHAT HAPPENS!

Smart petite lady, 56, 5ft4, tall, blonde hair, green eyes, likes restaurants, theatre, cinema, travel abroad; seeking happy guy with similar interests. Box 448795 **1**

DREAMS OF YOU

Genuine, caring lady, late 50s, slim & young looking, looking for a loyal, considerate, N/S male for long term relationship. Box 448566 **1**

DIVORCED

Loving, kind, honest female, 58, 5ft6, interests include the countryside, old pubs, music, reading and baking. Looking for that special someone to enjoy life with. Box 878455 **1**

BEING WITH YOU

Hi I'm Jenny, 61yr old widow, enjoys pub meals, countryside, the beach, cinema, seeks loving male for friendship and more. Box 453104 **1**

WINE AND DINE

62yr old bubbly, petite, fit lady, like walking, picnics, the beach, cosy nights, seeking a honest male to share the finer things in life with. Box 453724 **1**

LOTS OF TLC TO GIVE

Happy-go-lucky lady, 63, 5ft3, medium build, brown hair/eyes, likes dancing, walking, holidays abroad, looking for a like-minded male for friendship, maybe a LTR. Box 452897 **1**

SOMEBODY TO LAUGH WITH...

Loving lady looking for companionship, 63, 5ft3, medium build, brown hair/eyes, loves dancing, walks and animals, seeks similar male with great SOH for lasting happiness. Box 446382 **1**

PUT SPARK INTO LIFE

Caring slim female, 64, 5ft2, like meals out, cinema, walks, gardening and golf, looking for a kind and loving companion, 60-68. Box 450581 **1**

Women seeking women

IT'S WHAT'S INSIDE THAT COUNTS

I'm a 26yr old female, looking for new friends and maybe that special girl, let's have a meal and a drink and see what happens! Box 448722 **1**

ANY OFFERS?

Curvy female, 28, 5ft9, blue eyes, likes reading, painting, walks and nights in/out, WLTW an honest, sincere and feminine female for a possible relationship. Box 452108 **1**

JUST A GIRL

Bubbly, feminine, attractive lady seeking the same! I'm slim, athletic, blonde, blue eyes. I'm 28 and WLTW similar female. Box 878387 **1**

FUN AND MAYBE MORE

Passionate female, 37, new to town, WLTW passionate, genuine companions to socialise with, go out and have some fun, then see what happens. Ashford area. Box 880564 **1**

MEN seeking women

THE SKY'S THE LIMIT
Seeking honest woman, who I can be myself with. I'm a genuine male, 34, GSOH and enjoys sports, sky diving, drinks out, swimming. Box 878986 **1**

BOTTLE OF WINE

Hi there, I'm an easygoing male, 35, 5ft9, medium build, fair hair and blue eyes, GSOH, WLTW lady/single mum 25-50, slim/medium build. Box 451334 **1**

YOUNG AT HEART

Dependable, easygoing guy, I love animals, good food, music, films, good conversation, country pubs. I'm 45, with blue eyes. Box 446761 **1**

LIFE'S FOR SHARING

Hi ladies, my name is Carlos. I'm 45, looking for an honest and loving lady to share life with.

MOTORS NEWS



Dealers offer an early sighting of Skoda Yeti

SKODA adds the completely new Yeti two and all-wheel-drive range to its line-up in September, but certain Kent dealers are offering sneak previews by using early production left-hand drive cars.

Sherlodge Garage of Gillingham plans a Yeti open day on July 30, while Adamsons of Deal is offering demonstration drives two days earlier on July 28.

The chunky looks are not just for show either; 4x4 Yetis have an off-road button to adjust the chassis and driving aids to boost grip and traction in tricky conditions.



Banger deal is worth £4,000 off new Leon

SEAT dealers have unveiled a stunning scrappage package worth as much as £4,000 off the stylish VW Golf-based Leon family hatchback.

Dover dealer, Hollis Motors confirmed a price of under £10,000 for the 1.6 S Emotion special edition this week, for anyone part exchanging a car at least 10 years old that they are willing to send for scrap.

The deal comprises a £2,000 discount under the Government-sponsored scheme plus a further £2,000 donated by the VW-owned Spanish marque.



Mini celebrates its big Five-Oh down at Bewl

BEWL Water, near Tunbridge Wells, aims to be a Mini mecca from July 31 to August 2 when the Southern Mini Owners' Club stages 'Golden Mini Days' – a celebration of 50 years of the motoring icon.

Attractions at the reservoir at Lamberhurst will include car displays, Minis on sale, workshop demos, races and wacky events such as 'Loudest Exhaust', trade stalls, music and lots of fun. Free camping is included in the admission. Go to www.southernmini-days.co.uk or www.bewl.co.uk.



SMALL BUT PERFECTLY FORMED: Kia's Soul is an urban crossover which can be customised and personalised to suit the buyer, an option which rivals that of the Mini and Fiat 500

Kia's Soul wows drivers on more than just price

ROAD TEST KIA SOUL

BY STEVE LOADER

STAR QUALITY

Driving appeal	★★★★★
Image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Green rating	★★★★★

extra motive power to the rear end.

A high lift tailgate accesses a huge boot with deep underfloor storage; fold the rear seats and you can cram the car to its high roofline – Kia claims it will take two mountain bikes.

The Soul is a deceptively tidy drive too with good levels of grip and a sporty nature yet decent ride, all helped by a wide track and long wheelbase.

You get the 4x4 high driving position and image without the heaviness and wallowing on the corners.

Engine choice is a 1.6-litre petrol or diesel with 124 and 126bhp respectively. The latter is smoother with more low-down punch and should average at least 10mpg more than its petrol sister. The nose feels weightier and better planted when pressing on too.

However, the diesel option adds a grand to the price of whichever model you choose.

On the other hand, there is no need to be miserly with prices from £10,495 plus a five-year unlimited mileage warranty and generous standard kit. For that you get a capacious and funky family motor at a supermini price – though don't expect supermini economy with such pug-nacious styling.



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USED CAR ROUND-UP: OUR PICK FROM A KEY SECTOR

FAMILY CARS

THIS sector used to dominate the UK car market, but sales have been eroded by new categories such as the 4x4 sports utility vehicle and MPV and encroachment by upmarket compact executive models like the BMW 3-Series, which outsells Ford's former UK market leader, the Mondeo, in some months. Nevertheless, many second-hand car buyers still like the idea of a spacious, comfortable and more conventional family runabout and prices can be very affordable, so here are three popular and contrasting sellers based on ability and value.

FORD MONDEO



ONCE the UK's favourite car, its fall from favour reflects changing tastes rather than the Mondeo's ability. The car's greatest weakness has been the bonnet badge – something the current generation car tries to overcome with Germanic quality and detail. Nevertheless, the previous car was well-built, superb to drive and incredibly spacious. Apart from the best-selling hatchback there is a saloon and one of the roomiest and best-looking estates in the sector.

STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

CITROEN C5



CITROEN'S latest C5 is a stunner inside and out and lives up to ads suggesting that 'the Germans' may be worried. The old car was less of a threat, but never mind the looks – look at the prices. The original C5 has actually proved to be a reliable and great value used buy, with a pliant ride and loads of space; the estate is enormous for anyone needing to cart lots of stuff and diesels are the star buy.

STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

VW PASSAT



VW'S previous Passat set a higher benchmark for quality and the new version raised the bar again. The German giant knows the best way to counter upmarket rivals, including sister marque Audi, was by upping the standard of the overall package, so the new Passat is more spacious, drives better than previous models and looks good. Factor in some of the best engines, petrol or diesel, choice of saloon or capacious estate, plus modest used prices and it looks irresistible.

STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

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Industrial Estate
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2941



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CHRYSLER

PT CRUISER, km53tb, adjustable steering column/wheel, air conditioning, alloy wheels, cruise control, driver airbag, immobiliser, passenger airbag, power assisted steering, traction control, insurance group:12, red, 39500 miles, £5995, Sittingbourne, 01795 429802 (TRADE)

FIAT

GRANDE PUNTO, gd08axs, adjustable seats, adjustable steering column/wheel, air conditioning, alloy wheels, central locking, computer, driver airbag, electric windows, remote locking, blue, 7500 miles, £6495, Sittingbourne, 01795 429802 (TRADE)

FORD

C-MAX, 1.8 Titanium 5dr, abs, adjustable seats, adjustable steering column/wheel, air conditioning, alloy wheels, central locking, child locks, colour coding body, driver airbag, electric mirrors, foglights, front armrest, folding rear seats, heated screen, locking wheel nuts, insurance group:8, silver, 26251 miles, £10995, Sittingbourne, 01795 426693 (TRADE)

C-MAX, 1.8TDci Titanium 5dr*****SPORT PACK 3***** 18 alloys, rain sensing wipers, abs, adjustable seats, adjustable steering column/wheel, aircon, alloys, central locking, child locks, colour coding body, computer, driver airbag, electric mirrors, electric windows, foglights, front armrest, heated screen, locking wheel

nuts, immobiliser, metallic paintwork, passenger airbag, power assisted steering, remote locking, insurance group:8, grey, 25693 miles, £12495, Sittingbourne, 01795 426693 (TRADE)

FIESTA, 1.4 Gha 5dr - LEATHER, wu53gy, adjustable seats, air conditioning, alloy wheels, computer, driver airbag, electric mirrors, electric windows, foglights, head restraints, folding rear seats, leather seats, immobiliser, passenger airbag, power assisted steering, remote locking, radio/cd, rear headrests, call les bellchambers 01474 537 537, insurance group:5, blue, 14077 miles, £8495, Gravesend, 01474 537111 (TRADE)

FIESTA, 1.4 TDCi Gha 5dr ***FULL LEATHER+ ?35 ROAD TAX***, oe08knb, adjustable seats, air conditioning, alloy wheels, computer, driver airbag, electric mirrors, electric windows, leather seats, immobiliser, passenger airbag, power assisted steering, remote locking, radio/cd, rear headrests, insurance group:5, silver, 18323 miles, £8990, Crayford, 01322 621667 (TRADE)

FOCUS, 1.8 TDCi Zetec 5dr [Euro4] [Climate Pack], en57xp, adjustable seats, adjustable steering column/wheel, alloy wheels, climate control, computer, driver airbag, electric mirrors, electric windows, foglights, head restraints, folding rear seats, immobiliser, passenger airbag, power assisted steering, remote locking, side airbags, radio/cd, rear headrests, sports seats, insurance group:6, black, 32889 miles, £9990, Crayford, 01322 621667 (TRADE)

FOCUS, 1.6 TDCi Zetec 5dr [110] [Euro 4] [Climate pack], bt07veo, adjustable seats, adjustable steering column/wheel, alloy wheels, climate control, computer, driver airbag, electric mirrors, electric windows, foglights, head restraints, folding rear seats, immobiliser, passenger airbag, power assisted steering, remote locking, roof rails, side airbags, radio/cd, rear headrests, sports seats, all vehicles come with balance of 3 year, with over 400 ford cars in stock today, air conditioning, central locking, child locks, front armrest, heated screen, locking wheel nuts, metallic paintwork, silver, 39611 miles, £6985, Sittingbourne, 01795 426693 (TRADE)

FUSION, 1.4 2 5dr, bw04cwb, metallic vitro, abs, adjustable seats, adjustable steering column/wheel, air conditioning, computer, driver airbag, electric mirrors, electric windows, head restraints, folding rear seats, immobiliser, passenger airbag, power assisted steering, remote locking, radio/cd, rear headrests, insurance group:5, green and black, 28500 miles, £5695, Gravesend, 01474 537111 (TRADE)

FUSION, 1.4 TDCi 2 5dr, gl53ezz, metallic vitro, abs, adjustable seats, adjustable steering column/wheel, air conditioning, computer, driver airbag, electric mirrors, electric windows, head restraints, folding rear seats, immobiliser, passenger airbag, power assisted steering, remote locking, radio/cd, rear headrests, insurance group:5, please call les bellchambers for further details: 0147477, green,

53390 miles, £4995, Gravesend, 01474 537111 (TRADE)

FUSION, 1.6 Zetec 5dr Auto [Climate], jy06hwc, adjustable seats, air conditioning, alloy wheels, driver airbag, electric mirrors, electric windows, foglights, head restraints, folding rear seats, immobiliser, passenger airbag, power assisted steering, remote locking, radio/cd, rear headrests, insurance group:6, orange, 17613 miles, £7290, Crayford, 01322 621667 (TRADE)

S-MAX, 2.2 TDCi Titanium 5dr - LEATHER & PANORAMA ROOF, ek58kga, metallic morello, ford direct vehicle, leather trim seats, panorama roof, front and rear park assist, privacy glass, abs, adjustable seats, adjustable steering column/wheel, alloy wheels, climate control, computer, cruise control, driver airbag, electric mirrors, electric windows, foglights, front armrest, electrically adjustable seats, head restraints, folding rear seats, lumbar support, immobiliser, park distance control, passenger airbag, power assisted steering, remote locking, side airbags, radio/cd, rear headrests, sports seats, insurance group:12, red, 6451 miles, £19995, Gravesend, 01474 537111 (TRADE)

TRANSIT, H/Roof Jumbo Van TDi 115ps (SRW), wk56zng, 115 ps, panel van, cd player, factory fitted bulk head, finance available, full dealer facilities, high roof, hp+leasing, ply lined, warranty, white, 20985 miles, £10995, Crayford, 01322 621667 (TRADE)

TRANSIT, Ex/F Luton TDi 115ps (DRW), na55uzd, luton van, full dealer facilities, tail lift, white, 66000 miles, £8795, Crayford, 01322 621667 (TRADE)

TRANSIT, Low Roof Van TDi 85ps, bt07obv, finance available, full dealer facilities, ply lined, swb, warranty, white, 36500 miles, £7990, Crayford, 01322 621667 (TRADE)

TRANSIT, Low Roof Van TDi 85ps ***"NEW SHAPE"**, ej56dh, 85 ps, panel van, cd player, factory fitted bulk head, finance available, full dealer facilities, ply lined, swb, warranty, 3 seater, white, 27000 miles, £7990, Crayford, 01322 621667 (TRADE)

MAZDA

BT-50, Single Cab Pick Up, ix08ymg, finance available, full dealer facilities, hp+leasing, warranty, warranted mileage, silver, 3468 miles, £7499, Gravesend, 01474 537111 (TRADE)

MERCEDES-BENZ

A150, 5 DOOR Classic SE, 2009, mistral blue, 3500 miles, £13988, Ashford, 0845 481 6427 (TRADE)

150, Elegance, 2008, silver, 8900 miles, £12290, Maidstone, 0845 481 6487 (TRADE)

A150, Avantgarde SE Manual 3 DR Avantgarde SE, 2006, polr silver metallic, 33023 miles, £8890, Maidstone, 0845 481 6487 (TRADE)

A150, Classic SE Manual 5 DR Classic SE, 2006, atoll blue metallic, 43116 miles, £8990, Maidstone, 0845 481 6487 (TRADE)

A150, 5 DOOR Classic SE, 2009, cosmos black metallic, 3000 miles, £14498, Canterbury, 0845 481 6437 (TRADE)

A150, 3dr Classic SE, 2009, mountain grey metallic, 3000 miles, £13498, Canterbury, 0845 481 6437 (TRADE)

C320 CDI, Sport, 2008, iridium silver metallic, 13412 miles, £27990, Tonbridge, 0845 481 6497 (TRADE)

ML320 CDI, Sport * 2 YEARS FREE SERVICING * , 2007, iridium silver, 7987 miles, £27998, Canterbury, 0845 481 6437 (TRADE)

ML320 CDI, Sport, 2008, obsidian black metallic, 14188 miles, £28860, Maidstone, 0845 481 6487 (TRADE)

ML320 CDI, Sport COMAND, 2008, obsidian black metallic, 13000 miles, £29997, Ashford, 0845 481 6427 (TRADE)

R320 CDI, LWB, 2009, iridium silver metallic, 300 miles, £34998, Ashford, 0845 481 6427 (TRADE)

R320 CDI, LWB Sport, 2007, obsidian black metallic, 20418 miles, £23894, Tonbridge, 0845 481 6497 (TRADE)

S320 CDI, LWB, 2009, obsidian black metallic, 2000 miles, £49980, Maidstone, 0845 481 6487 (TRADE)

SLK200 KOMPRESSOR, 2009, fire opal, 3000 miles, £29390, Maidstone, 0845 481 6487 (TRADE)

SLK200 KOMPRESSOR, 2004, black, 39900 miles, £16490, Maidstone, 0845 481 6487 (TRADE)

SLK350, Roadster Auto, 2005, iridium silver metallic, 45595 miles, £20994, Tonbridge, 0845 481 6497 (TRADE)

MITSUBISHI

CARISMA, 1.6 Elegance 5dr, gl04rvn, abs, adjustable seats, adjustable steering column/wheel, air conditioning, alloy wheels, central locking, computer, driver airbag, electric mirrors, electric windows, head restraints, folding rear seats, leather seats, lumbar support, immobiliser, passenger airbag, power

assisted steering, rear armrest, radio/cd, rear headrests, insurance group:8, silver, 10000 miles, £3995, Sittingbourne, 01795 429802 (TRADE)

COLT, 1.5 CZ23 2dr "Delivery Miles Only", gf09k2o, abs, adjustable seats, adjustable steering column/wheel, air conditioning, alloy wheels, computer, driver airbag, electric mirrors, electric windows, foglights, head restraints, leather seats, immobiliser, passenger airbag, power assisted steering, remote locking, side airbags, radio/cd, insurance group:7, silver, 50 miles, £10999, Sittingbourne, 01795 429802 (TRADE)

COLT, 1.3 CZ23 3dr, gk09nmw, adjustable seats, adjustable steering column/wheel, air conditioning, alloy wheels, central locking, computer, driver airbag, electric windows, foglights, head restraints, folding rear seats, immobiliser, passenger airbag, power assisted steering, remote locking, side airbags, radio/cd, rear headrests, insurance group:5, white, 5000 miles, £7995, Sittingbourne, 01795 429802 (TRADE)

I-CAR, 5dr Auto, gn57uta, adjustable seats, air conditioning, alloy wheels, central locking, climate control, colour coding body, electric mirrors, electric windows, foglights, head restraints, locking wheel nuts, immobiliser, passenger airbag, power assisted steering, remote locking, tinted glass, black, 14000 miles, £6995, Sittingbourne, 01795 429802 (TRADE)

L200, Double Cab 2.5 Td Trojan, ej56ych, abs, adjustable seats, adjustable steering column/wheel, air conditioning, alloy wheels, central locking, computer, electric mirrors, electric windows, foglights, head restraints, leather seats, locking wheel nuts, power assisted steering, remote locking, silver, 27000 miles, £7750, Sittingbourne, 01795 429802 (TRADE)

LANCER, 2.0 Di-D G54 4dr, 09, 200 miles, £17995, Sittingbourne, 01795 429802 (TRADE)

LANCER, 1.6 Elegance 4dr Auto, ly05wrf, abs, adjustable seats, adjustable steering column/wheel, air conditioning, alloy wheels, central locking, computer, electric mirrors, foglights, head restraints, folding rear seats, leather seats, immobiliser, passenger airbag, pas, insurance group:9, silver, £1250 miles, £4995, Sittingbourne, 01795 429802 (TRADE)

LANCER, 1.6 GS3 4dr CVT, ix06zrf, abs, adjustable seats, alloys, climate control, computer, cruise control, driver airbag, electric mirrors, electric windows, foglights, front armrest, head restraints, pas, remote locking, side airbags, radio/cd, rear headrests, traction control, insurance group:8, saving, blue, 6800 miles, £11995, Sittingbourne, 01795 429802 (TRADE)

LANCER, 1.8 GS3 4dr, gk08ygc, abs, adjustable seats, adjustable steering column/wheel, alloy wheels, climate control, computer, cruise control, driver airbag, electric mirrors, electric windows, foglights, front armrest, head restraints, folding rear seats, immobiliser, passenger airbag, power assisted steering, remote locking, side airbags, radio/cd, rear headrests, traction control, insurance group:8, 3yrs / 37500 mile free servicing with this car, saving , silver, 9000 miles, £11995, Sittingbourne, 01795 429802 (TRADE)

OUTLANDER, II 2.0 Di-DC Warrior 5dr, ix57xsl, abs, adjustable seats, adjustable steering column/wheel, air conditioning, alloy wheels, anti theft system, central locking, climate control, computer, cruise control, dvd, electric mirrors, electric windows, foglights, front armrest, locking wheel nuts, immobiliser, multi function steering wheel, power assisted steering, cruise control, driver airbag, electric mirrors, electric

01795 429802 (TRADE)

OUTLANDER, II 2.0 Di-DC Warrior 5dr "Leather", wv08tja, electric mirrors, leather gearknob, tinted windows, airbag double + side, cd player, fog lights, electric door mirrors, metallic paint, leather steering wheel, 18 light alloy wheels, adjustable seat height, air-conditioning, boardcomputer, silver, 3000 miles, £18495, Sittingbourne, 01795 429802 (TRADE)

OUTLANDER, II 2.0 Di-DC Elegance 5dr, iV58hli, abs, adjustable seats, adjustable steering column/wheel, air conditioning, alloy wheels, anti theft system, central locking, climate control, computer, cruise control, electric mirrors, electric windows, extra seats, electric sunroof, foglights, front armrest, electrically adjustable seats, head restraints, heated seats, leather seats, locking wheel nuts, immobiliser, navigation system, park distance control, remote locking, sunroof, insurance group:12, blue, 9000 miles, £20000, Sittingbourne, 01795 429802 (TRADE)

OUTLANDER, II 2.0 Di-DC Warrior 5dr, wv08czx, adjustable seats, adjustable steering column/wheel, air conditioning, alloy wheels, anti theft system, child locks, climate control, computer, cruise control, driver airbag, electric mirrors, electric windows, front armrest, folding rear seats, leather seats, locking wheel nuts, immobiliser, multi function steering wheel, power assisted steering, remote locking, insurance group:11, grey, 12000 miles, £18295, Sittingbourne, 01795 429802 (TRADE)

SHOGUN, 3.2 Di-DC Diamond 5dr Auto, gk07vty, adjustable seats, adjustable steering column/wheel, air conditioning, alloy wheels, anti theft system, central locking, child locks, climate control, colour coding body, computer, cruise control, driver airbag, dvd, electric mirrors, electric windows, extra seats, electric sunroof, multi function steering wheel, navigation system, park distance control, passenger airbag, power assisted steering, remote locking, radio/cd, rear headrests, green, 21000 miles, £20495, Sittingbourne, 01795 429802 (TRADE)

PROTON

SAVVY, 1.2 Style 5dr, rx06cxg, adjustable seats, air conditioning, alloy wheels, driver airbag, electric windows, foglights, head restraints, folding rear seats, immobiliser, park distance control, passenger airbag, power assisted steering, remote locking, radio/cd, rear headrests, red, 17500 miles, £4495, Sittingbourne, 01795 429802 (TRADE)

RENAULT

CLIO, 1.2 16V Dynamique 3dr Air Conditioning, lv09lgy, adjustable seats, adjustable steering column/wheel, air conditioning, alloy wheels, computer, driver airbag, electric mirrors, electric windows, foglights, head restraints, folding rear seats, immobiliser, passenger airbag, power assisted steering, remote locking, side airbags, radio/cd, rear headrests, insurance group:4, was, red, 29500 miles, £5995, Sittingbourne, 01795 429802 (TRADE)

CLIO, 1.4 16V Dynamique S 3dr Air Conditioning, gk55uca, adjustable steering column/wheel, alloy wheels, computer, driver airbag, electric mirrors, electric windows, head restraints, headlight washers, folding rear seats, immobiliser, passenger airbag, power assisted steering, remote locking, side airbags, radio/cd, rear headrests, insurance group:4, was, black, 39400 miles, £5995, Sittingbourne, 01795 429802 (TRADE)

LAGUNA, 2.0 16V Initiale 5dr, alloys, central locking, climate control, computer, cruise control, driver airbag, electric mirrors, electric

windows, foglights, front armrest, electrically adjustable seats, head restraints, headlight washers, folding rear seats, heated seats, leather seats, lumbar support, immobiliser, navigation system, park distance control, passenger airbag, power assisted steering, insurance group:12, silver, 7000 miles, £11995, Sittingbourne, 01795 429802 (TRADE)

MEGANE, 2.0 VT Privilege 2dr, alloys, central locking, climate control, computer, driver airbag, electric mirrors, electric windows, foglights, front armrest, head restraints, lumbar support, immobiliser, passenger airbag, power assisted steering, remote locking, side airbags, radio/cd/multichanger, rear headrests, gold, 57650 miles, £7495, Sittingbourne, 01795 429802 (TRADE)

MODUS, 1.6 Dynamique 5dr Auto, pn06ygl, abs, adjustable seats, adjustable steering column/wheel, alloy wheels, central locking, computer, driver airbag, electric mirrors, electric windows, foglights, head restraints, folding rear seats, immobiliser, passenger airbag, power assisted steering, remote locking, side airbags, radio/cd, rear headrests, insurance group:5, red, 16270 miles, £18295, Sittingbourne, 01795 429802 (TRADE)

SMART

FORTWO cabrio passion, 2005, jack black, 32037 miles, £6299, Maidstone, 0845 481 6488 (TRADE)

FORTWO cabrio passion, 2009, silver metallic, 4000 miles, £9699, Maidstone, 0845 481 6488 (TRADE)

FORTWO coupé grandstyle, 2006, racing green, 17350 miles, £5999, Maidstone, 0845 481 6488 (TRADE)

FORTWO coupé passion, 2008, silver metallic, 5000 miles, £6999, Maidstone, 0845 481 6488 (TRADE)

FORTWO coupé passion, 2008, silver metallic, 5000 miles, £6299, Maidstone, 0845 481 6488 (TRADE)

FORTWO coupé passion, 2008, silver metallic, 5000 miles, £7499, Maidstone, 0845 481 6488 (TRADE)

FORTWO coupé passion, 2006, sugar candy pink, 7262 miles, £5999, Maidstone, 0845 481 6488 (TRADE)

SUZUKI

SWIFT, 1.3 GL 3dr, gl07zby, abs, adjustable seats, adjustable steering column/wheel, air conditioning, alloy wheels, computer, driver airbag, electric mirrors, electric windows, head restraints, folding rear seats, immobiliser, passenger airbag, power assisted steering, remote locking, side airbags, radio/cd, rear headrests, insurance group:4, was, red, 29500 miles, £5995, Sittingbourne, 01795 429802 (TRADE)

TOYOTA

YARIS, 1.3 VVT-i TR 5dr MMT, abs, adjustable seats, adjustable steering column/wheel, air conditioning, alloy wheels, computer, driver airbag, electric mirrors, electric windows, foglights, head restraints, folding rear seats, lumbar support, immobiliser, passenger airbag, power assisted steering, remote locking, side airbags, radio/cd, rear headrests, insurance group:3, silver, 10000 miles, £9295, Sittingbourne, 01795 429802 (TRADE)

VAUXHALL

CORSA, 1.0i 12V Active 5dr, gl58ouu, adjustable seats, adjustable steering column/wheel, air conditioning, alloy wheels, driver airbag, electric mirrors, electric windows, power assisted steering, remote locking, radio/cd, rear headrests, insurance group:1, red, 1050 miles, £3995, Sittingbourne, 01795 429802 (TRADE)

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2004 04 SAAB 9-3 1.9TID Linear, 4 Doors, Manual, Saloon, Diesel, 47,000 miles, Metallic Steel Grey, ABS, Air con, Alarm, Alloys, Audio remote control, Body coloured bumpers, Full Service History, Drivers airbag, Full Electric pack, Immobiliser, Park distance control, Isofix child seat anchor points, PAS, Passenger airbag, Radio/CD, Remote central locking, Service indicator, Side airbags, Solid Paint, Traction control**£8,000**

2005 55 SAAB 9-5 2.2 TID Vector, 5 Doors, Automatic, Estate, Diesel, 50,000 miles, Metallic Smoke Beige, Radio/CD, Rear headrests, Cruise control, Alloy wheels, Side airbags, Full Electric pack, Audio remote control, ABS, Immobiliser, 18 alloy wheels, Front fog lights, Remote central locking, Drivers airbag, Partial leather seat trim, Trip computer, Alarm, PAS**£7,995**

2002 52 SAAB 9-5 2.3HOT Aero, 4 Doors, Manual, Saloon, Petrol, 63,260 miles, Steel Grey, ABS, Alloy wheels, Cruise control, Full electric pack, Heated seats, Park distance control, Remote locking, Side airbags, Sports seats, Traction control, Climate control, In Car Entertainment, Manual Transmission, Warranty, Leather upholstery, Metallic paintwork.....**£5,495**

2001 Y SAAB 9-5 2.3HOT Aero, 5 Doors, Manual, Estate, Petrol, 140,000 miles, Metallic Silver, ABS, Passenger airbag, Roof rails, Cruise control, Alloy wheels, Immobiliser, Side airbags, Full Electric Pack, Front fog lights, Remote central locking, Drivers airbag, Alarm, Traction control, Body coloured bumpers, PAS. **£2,500**

1995 N SAAB 900 2.0i S, 5 Doors, Automatic, Hatchback, Petrol, 136,188 miles, Metallic Red, ABS, Adjustable seats, Adjustable steering column/wheel, Child locks, Computer, Driver airbag, Full Electric Pack, Metallic paintwork, Passenger airbag, Power assisted steering, Radio.....**£995**

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Senior & General Appointments 45-48

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KOS Media is a highly successful newspaper publisher within Kent, that has received many awards from the newspaper industry.

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Mac Operators (Weekends)

We are looking for experienced, confident and self-motivated team players, preferably with newspaper experience, who are seeking to further their career within the industry. The individual must have relevant Mac experience, including knowledge of Quark, Photoshop and Illustrator.

The position involves creating visuals for customers, ad setting, including property and motors, creating classified sections and make-up of pages to be sent to our printers.

The candidate should be able to work under pressure, meet strict deadlines and be eager to work within a team environment to ensure the smooth operation of our fast-paced production department.

Hours will be Friday to Monday.

Previous applicants need not apply.

To apply, send a CV and covering letter to: **Personnel**
KOS Media
Apple Barn
Hythe Road, Smeeth
Kent TN25 6SR
or email: personnel@kosmedia.co.uk



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Application Consultant (Ashford, Kent – Working Nationwide)

Delivering training and application consultancy for our market leading product range to our nationwide customers, the successful candidate will have experience of a customer focused environment and excel working in a team based role. You should be able to demonstrate experience in all or some of the following areas;

- Delivering end-user training in 1:1 or small classroom environments
- An understanding of relational databases and ability to write SQL queries
- An understanding of Microsoft Reporting Services would also be an advantage

For those candidates that can evidence the right aptitude but do not yet have all the necessary levels of experience, in-house training will be provided.

The role requires extensive travel throughout the UK and Eire, therefore candidates must hold a full UK driving licence.

Salary: An attractive salary package is on offer, including a company car or car allowance
Other Benefits: 5% pension contribution and 25 days annual leave

Service Desk Technician (Ashford, Kent)

The successful candidate will ideally have experience in supporting Microsoft client-server networks, Citrix and Microsoft SQL. Customer service experience is a must for this primarily telephone and remote support based role. For those candidates that demonstrate the right aptitude but do not yet have the necessary levels of experience, in-house training in all the Adastra supported products and platforms will be provided.

The Adastra Service Desk provides 24/7/365 healthcare IT support for our customer base and as such you will join our "on call" rota after an initial period of approximately 3 months. This will include working some evenings, weekends and overnight. A generous on call premium is allocated for the weekend and overnight shifts as well as time off in lieu.

Salary: An attractive salary package is on offer
Other Benefits: 5% pension contribution and 25 days annual leave

For either role, please send your CV including covering letter to our HR department at the address on the left or by e-mail to: recruitment@adastra.com
Closing Date: Friday 24th July 2009



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Ashford
Kent TN24 8SB

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Adastra's marketing team is involved in a wide range of challenging and exciting activities and we are looking for individuals that will be prepared to travel occasionally, will work well as part of a team, have outgoing personalities, the ability to communicate at all levels and enjoy participating in all parts of the marketing mix.

Marketing Executive Ref: ME0709

This challenging and diverse role requires you to demonstrate the ability to successfully multi-task, have excellent organisational skills and 2-3 years proven experience in:

- Direct Marketing
- Communications
- Event Management
- Desktop Publishing
- Corporate Website Maintenance
- Marketing of IT Solutions
- Lead Management

Marketing Assistant Ref: MA0709

This position will be vital to the smooth running of our very busy team. It would suit someone with a real 'can do' attitude and a keen eye for detail. The ideal candidate will have previous marketing experience and be able to demonstrate excellent MS Office skills to include Excel and Access. They will also have experience of office administration and be able to confidently participate in a whole host of other marketing led activities.

Starting Salaries: Attractive package available to suitably qualified candidates.

Please send your CV including covering letter, clearly stating which position you are applying for along with your salary expectations to Emma Dew, Marketing Manager at the address on the left or by e-mail to: marketing@adastra.com

Closing Date: 31st July 2009



REQUIRED**CARE HOME MANAGER**

5 years experience with managing care homes for the elderly. Full understanding of regulation legislation. Management and budgetary skills. Salary to be negotiated depending on experience.

RGN/RMN

Minimum experience 2 years after registration with NMC. Good communication skills.

Full Time or Part Time.

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**Sales and Marketing Manager – OTE £21k****Membership Advisor F/T – OTE £16k****Membership Advisor P/T – 16 Hours – OTE £16k Pro-rata**

Bannatyne's Health Clubs are the largest independently owned health club operator in the UK. All roles require highly motivated, positive individuals possessing excellent interpersonal skills and the ability to promote our Premier Health Club in Ashford. The successful candidates will be required to work well within a team whilst working shifts and also be good with figures. Previous experience within the leisure industry is not essential.

So if you enjoy working with the public, are dedicated, enthusiastic and passionate about the business and would like to get more out of life then simply apply now!

Please email CV and covering letter to
robsnow@bannatyne.co.uk
closing date 26th July 2009.

**SCREEN SOUTH
BUSINESS & OPERATIONS MANAGER**

£25 - £27k depending on experience
Full-time, Folkestone

We seek someone with great financial and business acumen who knows numbers and understands people to give our CEO the operational support to ensure Screen South continues to deliver the value for money and joined up thinking that makes it possible to support film and media throughout the South East.

You will need significant experience in budget, office & people management, and of monitoring/reporting procedures, with a hands-on and flexible approach to working within a small but very busy team.

We are also seeking a **RECEPTION & ADMIN ASSISTANT**
c. £12k, full-time, Folkestone

Full details of both positions and application process at: www.screensouth.org

For an informal conversation please contact our retained consultant at Year One Consulting on 01303 256 240.

Closing date: 12noon Friday 31st July 2009

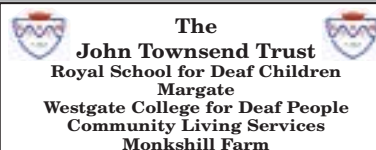
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We are currently recruiting for the following:

**Speech and Language
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**Salary up to £37,000 p.a. pro rata
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We provide education and care for young deaf people with additional needs including learning and communication difficulties. The post involves assessment, delivery of therapy within a multi-disciplinary team and in close collaboration with parents and carers.

British Sign Language training will be provided.

Terms and Conditions:

Permanent, Term Time only. Salary according to qualifications and experience.

We are committed to equal opportunities and diversity, encouraging and welcoming applications from all groups and communities.

We expect all staff to be committed to our Child and Adult Protection policies and procedures.

All positions are subject to an enhanced Criminal Records Bureau check, references, evidence of qualifications and a work history which can be fully checked.

For an application pack please contact Human Resources Department, telephone 01843 227561, email:

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Closing Date: 14th August 2009

**BE A 'PROPERTY
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Regardless of the recession, a new European Directive now legally requires an estimated 2.5 million homes and commercial properties being rented, sold or built to have an Energy Assessment this year alone. And more 'green environmental' laws are coming!

For example next year nearly every commercial property with air-conditioning must have an Assessment before the January 2011 deadline.

Applicants are therefore required to train now as multi-skilled 'Property Professionals' to carry out commercial and air-conditioning Energy Assessments and many other roles such as Flood and Fire Risk Assessments, Energy Audits, Insulation Surveys, Property Valuations, Home Condition Reports, Public Buildings Assessments etc.

No previous experience is necessary, training to join this new growth industry can usually be taken around current job at our nationwide training centres

approved by the Government-appointed Awarding Body for the Built Environment and is subsidised. On qualifying start your own energy business, work for other Assessment Providers or be available for potential full or part-time work through our Energy Assessor Panel **with earnings of £50 to £1,200 per Assessment.**

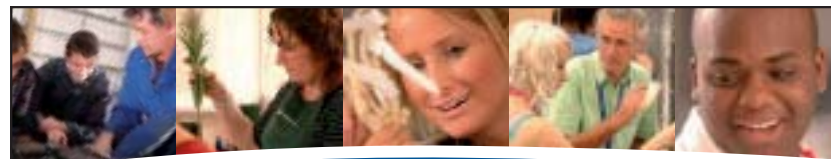
Ring today for an interview and find out more about a career opportunity in this fast-expanding, new 'green' industry.



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**PROPERTY
PROFESSIONALS**

ref: HK0280

**Career Opportunities**

Canterbury College is an equal opportunities employer

Canterbury College is a Further and Higher Education College in the heart of Kent. Our goal is to be one of the best FE Colleges in England by 2010. We have 9,000 students across 300 courses and enjoy an enviable reputation as a great place to learn. Our brand new £50M Campus is also home to nearly 800 staff and we have some great career opportunities which may be right for you.

Coordinator Theatre Production Arts across Levels 1,2 and 3 courses in Dance and Dramatic Arts

09/35

18.5 hours per week, salary starting at £27,209 pro rata per annum.

Lecturer Physics

09/45

37 hours per week, salary range £18,387 – £26,363 per annum.

Lecturer Health & Social Care

07/81

18.5 hours per week, salary range £18,387 – £26,363 pro rata per annum.

Lecturer Play Work/Early years

09/41

18.5 hours per week, salary range £18,387 – £26,363 pro rata per annum. One year fixed term post.

Temporary Lecturer Animal Care and Veterinary Nursing

08/42

37 hours per week, salary range £18,387 – £26,363 per annum. Fixed term post to cover maternity leave not to exceed one year.

Lecturer Animal Care and Land Based

01/144

18.5 hours per week, salary range £18,387 – £26,363 pro rata per annum.

Lecturer Key Skills

07/30

37 or 2 x 18.5 hours per week, salary range £18,387 – £26,363 per annum (pro rata for part time posts).

Lecturer Electrical Installation

09/26

37 hours per week, salary range £18,387 – £26,363 per annum.

Supply Lecturers Higher Education Graphic Design to teach HND and BA (Hons) Graphic Design and Advertising

S/HE/GD

Various hours available, salary range £18,387 – £26,363 pro rata per annum.

You will have a minimum of a good first degree in a relevant area of design and demonstrate a willingness to contribute to the development of the HE graphic design programmes. Specialist knowledge of typography, editorial design, branding and/or interactive design are essential. You should be able to offer ongoing support to guidance with project work and degree level student dissertations.

International Manager

08/111

37 hours per week, salary starting at £33,858 per annum.

College Receptionist

R1

22.25 hours per week, salary starting at £15,085 pro rata per annum.

Night Cleaners

09/22

5 posts, 20 hours each per week, salary £6.42 per hour. Temporary posts to cover maternity leave not to exceed 12 months.

The closing date for the above posts is Monday 03 August 2009 at 12 noon

For an information pack please visit www.canterburycollege.ac.uk or call the Human Resources Office on 01227 811282 (24 hr answerphone) quoting the above reference.

Staff benefits include:

- Pension & Life Assurance Scheme
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A range of opportunities are available to work on a broad spectrum of activities, including email, mailings and press campaigns. A marketing related degree or equivalent experience, combined with creativity and an eye for detail will be essential.

To apply, please send your CV with a covering letter, stating current salary and quoting reference SS317/KOS, to Sally-Jane Plenge, Senior HR Officer, Saga Group Limited, Enbrook Park, Folkestone, Kent CT20 3SE or email: human.resources@saga.co.uk
Closing date: 29 July 2009.

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All applicants will be required to complete a criminal records bureau check

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 1 Care Assistant – Full time

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With campuses in Ashford, Folkestone and Dover, South Kent College offers a wide range of courses from Entry Level to Level 7 and caters for over 10,000 students of all ages. We currently have the following opportunities at our Folkestone campus:

Lecturer – Multi Crafts

(Fixed Term until 16/07/2010) Variable Hours

Ref: T1388 & T1394

Main duties include teaching theoretical and practical aspects to full and part-time students at all levels of ability and across a wide age range in the Multi Crafts area, particularly in Painting & Decorating or Bricklaying. You will prepare and deliver lectures and prepare and mark assessments, projects and tests and be committed to student success. You may also be expected to teach basic aspects of some other trade areas such as Plastering and Plumbing.

You will have NVQ Level 3 or equivalent in Painting & Decorating or Bricklaying. A teaching qualification e.g. Certificate in Education, DTTLs or equivalent and Assessor Awards (A1, V1) or willingness to achieve these upon appointment. Recent and relevant industrial experience in general building is required, as well as demonstrable in-depth knowledge of your trade area.

The closing date for receipt of applications is Thursday 30th July. Interviews will be held on Friday 7th August.

For further information or an application pack please contact the Human Resources Department on 0845 207 8222 (24 hour answerphone), email: humanresources@southkent.ac.uk or visit www.southkent.ac.uk

All posts are subject to a disclosure check by the Criminal Records Bureau. We are committed to safeguarding and promoting the welfare of children and young people and expect all employees to share this commitment. Applications are welcome from suitably qualified candidates regardless of ethnicity, gender, age, disability, sexuality or religion.



MidKent College

MidKent College based in the Medway Towns and Maidstone is seeking to appoint an outstanding individual in the following area:

ICT Technical I.L.T Support Engineer

Ref: P0653

Salary: £18,433 - £23,640 per annum

We are looking to recruit an organized and hard working individual to provide technical support to our ICT department. The successful candidate will have proven knowledge within this field and have an understanding of a learning environment. The ability to work with a range of software packages including PHP, HTML +CSS and Photoshop is essential.

Closing date: Friday 24 July 2009

MidKent College is working in partnership with RBLI Employment Solutions to support individuals who have a disability or health condition in the application, interview and employment with the college. If you would like any further information regarding RBLI, or require assistance with your application process then please contact RBLI on 0800 783 1144 or visit their website www.rbli.co.uk for information, advice and guidance.

The College is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. Any offer of employment is subject to a Criminal Records Bureau check in accordance with the College procedure.

Application forms and further details are available from www.midkent.ac.uk. Alternatively, please e-mail job.applications@midkent.ac.uk. For individuals without access to e-mail or the internet please call the Personnel department on 01634 884402 (24 hour answer machine). In all communication with the College please quote the appropriate job title and reference number.

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Area Manager

Kent

We are seeking to appoint an Area Manager to join our senior management team in Kent. The role is to ensure the Registered Managers are supported and developed in delivering a high level of childcare within our residential homes across Kent and into SE London

Essential Specification:

A firm foundation in childcare with a Dip.SW / RMA or equivalent qualification.

Substantial knowledge and experience of supporting children who 'are looked after' and the ECM Framework.

Previous Residential / Social work management experience.

A good knowledge and working understanding of National Minimum Standards and the Ofsted inspection process.

Strong motivation and leadership skills.

This role offers an excellent salary (dependant on knowledge and qualifications) and benefit package.

Home Managers

Wanting to further your career? We invite applications from knowledgeable and qualified candidates for this role to ensure that our high level of care practice is maintained within existing staff teams. You will be responsible for ensuring that you lead and develop your team, to meet our expectations on the service our organisation support.

The role offers good salary and benefit packages, including Health Plan, Pension and support from Area Managers.

Please contact the Personnel Department for an application form: **Cheesemans Farmhouse, Alland Grange Lane, Manston, Kent, CT12 5BZ**
01843 823762 or email jackie.brandan@ethelberthomes.co.uk

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Career Opportunities



Sheppey College is an equal opportunities employer

Sheppey College is a satellite of Canterbury College and has been open since 1996. We offer a variety of courses in a modern and friendly learning environment and enjoy excellent rates of success.

Vocational Team Leader Construction

SH/VCT5

18.5 hours per week, salary starting at £27,209 pro rata per annum.

Lecturer Hairdressing

09/46 & 09/47

2 x posts at 18.5 hours per week, salary range £18,387 – £26,363 pro rata per annum. One Year Fixed Term Posts.

Lecturer Construction

09/48

18.5 hours per week, salary range £18,387 – £26,363 pro rata per annum.

Lecturer Administration

09/49

9.25 hours per week, salary range £18,387 – £26,363 pro rata per annum.

Lecturer ICT

09/50

9.25 hours per week, salary range £18,387 – £26,363 pro rata per annum.

Trainer Demonstrator Construction

07/07

18.5 hours per week, 38 weeks term time. Salary starting at £18,963 pro rata per annum.

The closing date for the above posts is Monday 03 August 2009 at 12 noon

For an information pack please visit www.canterburycollege.ac.uk or call the Human Resources Office on 01227 811282 (24 hr answerphone) quoting the above reference.

Staff benefits include:

- Pension & Life Assurance Scheme
- Generous Holiday Allowance
- Proximity to main bus & train stations
- Close to Town Centre



CLICK
www.canterburycollege.ac.uk/job-vacancies



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CRICKET

BY DAVID PRITCHARD

Kent Cricket League Division One

Hythe 1st XI v Sandwich Town 1st XI

A MARVELLOUS century partnership between Dan Furnival and Jon Smith saw Hythe leapfrog Sandwich Town and into Division One's promotion places.

The pair batted Hythe all the way to the finish, sealing a seven-wicket victory which boosted the hosts' hopes of back-to-back promotions.

Sandwich arrived at The Grove a point ahead of their opponents and well placed in their bid to bounce straight back to the top flight after relegation last year.

They made a reasonable start to their innings after being put into bat. Craig Snell fell for 14 but both David Scoggins and Robert Goatham looked well set for a big score until they both fell just short of 30. It was a common story as several of their team-mates made promising starts before getting out.

Rhys Jones top scored with 38 not out, but they could only set Hythe a modest 187 for victory.

Jack Bradley removed both Hythe's openers before they could do any real damage and when skipper Sam Butler was trapped leg before by Craig Spanton for just 1, Sandwich were on top.

But the visitors had not reckoned on a superb stand between Furnival and Smith. The pair steadily batted Hythe out of trouble and into a position of strength, both passing 50 in the process.

Sandwich eventually ran out of ideas and the target was reached with fully 13 overs to spare.

Century gives Hythe hope of back-to-back promotion



DARK HORSES: Hythe (batting) moved into second place with a comfortable seven-wicket victory against Sandwich

SCOREBOARD

Sandwich Town

	Runs
Craig Snell ct Perkins b Patching	14
David Scoggins ct Butler b Owen	29
Robert Goatham run out	27
Vishnu Singh ct Perkins b Owen	9
David Draper ct Slee b Furnival	22
Rhys Jones not out	38
Tom Chapman ct Butler b Dwyer	17
Gavin Lawrence b Pearson	6
Craig Spanton not out	14
Matthew van Poppel did not bat	
Jack Bradley did not bat	
Extras (2b 6lb 2nb)	10
Total (7 wickets, 50 overs)	186

Bowlers

	0	M	R	W
Ben Dwyer	15	4	58	1
Daniel Patching	7	2	20	1
Patrick Owen	6	0	24	2
Jamie Hemphrey	6	3	20	0
Jago Pearson	12	1	35	1
Dan Furnival	4	1	21	1

Hythe

	Runs
Leon Morgan ct Snell b Bradley	30
Christopher Slee ct Scoggins b Bradley	13
Sam Butler lbw b Spanton	1
Dan Furnival not out	59
Jon Smith not out	70
Daniel Patching did not bat	
Richard Perkins did not bat	
Jago Pearson did not bat	
Ben Dwyer did not bat	
Jamie Hemphrey did not bat	
Patrick Owen did not bat	
Extras (5b 1lb 8w)	14
Total (3 wickets, 37 overs)	187

Bowlers

	0	M	R	W
Craig Spanton	11.5	2	50	1
Jack Bradley	12	2	49	2
Craig Snell	5	0	26	0
Matthew van Poppel	3	0	18	0
Robert Goatham	2	0	16	0
David Draper	4	0	22	0

LOCAL CRICKET ROUND-UP

KENT LEAGUE DIVISION ONE

Ashford Town 1st XI v Folkestone 1st XI

FOLKESTONE moved well clear of trouble at the bottom with a four-wicket victory against Ashford Town on Saturday.

The hosts began well at Stacians Park, putting on 200 before Shannon Fattore was third man out for 77. Ashford's only problem was a relative lack of urgency despite holding several wickets in hand.

Folkestone similarly enjoyed batting and Ashok Kadam played their key innings, hitting an unbeaten 78 as the visitors reached their target with an over to spare.

Ashford Town

	Runs
Matthew Lincoln	53
Liam Tegg	41
Shannon Fattore	77
Stuart Paine	42
Gary Sutton	5
Peter Shields	5
Craig Buckham	3
Andrew Maurice	
Gavin Hope	
James Rand	
Mohsin Raza	
Extras (2b 2lb 3nb)	7
Total (5 wickets, 50 overs)	233

Bowlers

	0	M	R	W
Michael James	15	1	69	2
Ashok Kadam	11	1	40	1
Andy Bray	10	0	48	1
David Miles	5	0	29	0
Thomas Cullen	9	0	43	0

Folkestone

	Runs
David Miles	47
Nick Graham	28
Ashok Kadam	78
Daniel Clark	0
Ali Bray	46
Andy Bray	21
Thomas Cullen	1
Stuart Graham	7
Michael James	
Laurence Ward	
Luke Sage	
Extras (2b 4lb 1w)	7
Total (6 wickets, 49 overs)	235

Bowlers

	0	M	R	W
Andrew Maurice	6	0	30	0
Mohsin Raza	9	0	43	2
Liam Tegg	15	0	60	1
Craig Buckham	14	2	66	2
James Rand	2	1	4	0
Peter Shields	1	0	16	0
Matthew Lincoln	2	0	10	0

KENT LEAGUE DIVISION FOUR

Walmer 1st XI v Rainham 1st XI

MARK Parnells unbeaten half-century proved decisive as Walmer beat promotion-chasing Rainham by four wickets.

Rainham stumbled to 9 for 2, but Matt Goodwin (47) and James Austin (41) put them right back into the game. Despite a series of useful contributions, the visitors' total looked vulnerable.

Walmer, who went into the game just above the bottom two, grasped their opportunity for an upset. Parnells 66 was instrumental and they reached their target with three overs to spare.

Rainham

	Runs
Jonathan Prince	1
John Newton	0
Matt Goodwin	47
James Austin	41
Callum Mitchell	20
James Sherrod	31
Chris Small	13
Stuart Chipperfield	20
Stuart Swaine	6
Jordan Shersby	
Matthew Newton	
Extras (2b 6lb 11w)	19
Total (7 wickets, 50 overs)	198

Bowlers

	0	M	R	W
Paul Butler	8	2	24	1
Paul Holiday	12	3	52	2
Barry Green	4	0	22	0
Stuart Butler	13	0	49	3
Peter Huntley	13	2	41	1

Walmer

	Runs
Martyn North	17
Joe Wilcox	16
Peter Morris	9
Jared Bond	31
Mark Parnell	66
Martin Pearce	0
Stuart Butler	21
Paul Holiday	7
Barry Green	
Peter Huntley	
Paul Butler	
Extras (1b 12lb 5w 14nb)	32
Total (6 wickets, 47 overs)	199

Bowlers

	0	M	R	W
Callum Mitchell	14	3	41	3
Jordan Shersby	2	0	12	0
James Sherrod	15	0	45	3
Chris Small	8	0	38	0
Matthew Newton	6	0	38	0
Jonathan Prince	2	0	12	0

KENT LEAGUE DIVISION FIVE

Old Wilsonians 1st XI v Betteshanger Colliery Welfare 1st XI

BETTESHANGER Colliery Welfare dropped out of the top two in Division Five as they lost a low scoring game to promotion rivals Old Wilsonians by ten runs.

The visitors were well on top as they skittled Old Wilsonians out for 100. Andrew McNicholas (4 for 41) and Clive Towe (3 for 10) did most of the damage.

With such a low total to chase, Towe's run out for just 6 was extremely careless. Chris Garton (15) and Liam Collins (24) steered Betteshanger towards victory, but a collapse saw them all out for just 90.

Old Wilsonians

	Runs
Rahul Malik	10
Rakesh Joshi	2
Suminda Balage Don	25
Pasan Weeraratne	4
Michael Mitchell	0
Jayant Yewale	14
Ramakrishna Prabhu	21
Richard Davies	3
Laki Kasturiratne	3
Douglas Forbes	5
Henry McGeever	0
Extras (3b 3lb 2w)	8
Total (all out, 37.2 overs)	100

Bowlers

	0	M	R	W
Andrew McNicholas	15	2	41	4
Michael McNicholas	7	2	20	1
Liam Collins	4	1	8	0
Clive Towe	8.2	4	10	3
Richard Ferrell	4	0	15	2

Betteshanger Colliery Welfare

	Runs
Clive Towe	6
Chris Garton	15
Liam Collins	24
Jamie Towe	4
Michael McNicholas	12
Derek Towe	4
Andrew McNicholas	2
Gareth Friend	0
Martin Jones	6
Steven King	7
Richard Ferrell	3
Extras (2b 5lb)	7
Total (all out, 40.3 overs)	90

Bowlers

	0	M	R	W
Suminda Balage Don	17	8	20	4
Douglas Forbes	8	2	24	0
Michael Mitchell	7.3	1	20	1
Rahul Malik	8	1	13	3

KENT FEEDER LEAGUE EAST 1A

Deal Victoria & Barns Close 1st XI v Westgate-on-Sea 1st XI

DEAL Victoria struck a blow to one of their rivals in the promotion race as they beat Westgate-on-Sea by 79 runs.

Mark Birkett and Matthew Carley laid the foundations of a decent score with half-centuries before David Gibb blasted 74 from just 66 balls as the hosts posted 237 for 7.

Westgate stumbled to 5 for 2 and despite 54 from Keith Sandwell they never really got their run chase going. Stephen Moran and Charles Mailli took three wickets apiece in a comfortable victory.

Deal Victoria & Barns Close

	Runs
Andrew Furness	0
Mark Birkett	52
Charles Mailli	13
Matthew Carley	66
Robbie Brannan	8
David Gibb	74
Andrew Miller	4
Sam Killip	1
Stephen Moran	
Scott McNamara	
Graham McNamara	
Extras (5lb 9w 5nb)	19
Total (7 wickets, 46 overs)	237

Bowlers

	0	M	R	W
Chris Flint	12	2	68	2
Brian Andrews	12	3	43	2
Jason Mickle	11	3	43	2
Richie Holden	3	0	21	0
Ross Heathcote	8	0	57	1

Westgate-on-Sea

	Runs
Lewis Winch	4
Keith Sandwell	54
Chris Flint	0
Nick Sandwell	32
Steve Wood	8
Alan Winch	0
Nick Baxter	31
Richie Holden	7
Brian Andrews	1
Jason Mickle	5
Ross Heathcote	6
Extras (1lb 1lb 8w)	10
Total (all out, 41 overs)	158

Bowlers

	0	M	R	W
Scott McNamara	6	0	28	2
Stephen Moran	9	1	35	3
Graham McNamara	12	2	33	1
Charles Mailli	9	3	42	3
Sam Killip	5	0	18	1

Could Invicta be close to a takeover?

Pictures: IGOR KUPCO



TAKEOVER: Folkestone Invicta's players have fresh hope at last

THE end to Folkestone Invicta's financial troubles could finally be in sight with a consortium hoping to complete a takeover in the next week.

The Seasideers have entered administration in order to allow the takeover to go through, incurring a ten point penalty for the team. The new group consists of former Ashford Town chairman Mark Jenner, Lynn Woods and Brian Merryman, who have both been board members at the club.

Jenner acted as a consultant last season after the club revealed the scale of their debts in October and is glad to finally be making progress.

He told Yourshepway: "I told the club months ago it was hopeless and they needed to cease trading, that's why I parted company in January because I didn't see any alternative."

"Hopefully things will move forward this week with a view to hav-

FOOTBALL

ing everything settled and in place by the start of the season."

The fate of the club is in the hands of the administrator, who must now write to the club's main creditors. Invicta's biggest debt is to the Inland Revenue in unpaid taxes, believed to be around £100,000, with a further £70,000 in separate arrears.

If a deal can be finalised the debts would be cleared and the trio would form the basis of a new board. Despite the existing debts, Jenner believes the club is viable long term.

He said: "What's dragging it down is the legacy debts from years ago. We either make this work or there's no Folkestone Invicta."

On the pitch, Folkestone beat Thamesmead Town 1-0 on Saturday thanks to a goal from trialist Lee Radford.

CATCH OF THE DAY



October weather could be a blessing

By **TONY HILLS**, a keen beach and boat angler with 50 years' experience fishing Dungeness and District and vice-chairman of the Dungeness Angling Association

THIS week it all depends on the weather.

Yes, we have October conditions. At the time of writing we have forecasts I would love in October, low pressure, with south westerly winds force seven to eight with gaps in between. Combined with a rising tide sequence this could give cracking conditions, with tides peaking at 8.1 metres in Dungeness on Friday. If you can get down after 'a blow' especially low water on the point, you could get a few surprises.

PIRATE SPRINGS AND LITTLESTON: With this weather forecast you can fish after dark over high water and the wind would be on your back. Whiting should be the main feature here.

BACK OF THE BOATS: On the EA road to the point this will be the most comfortable place to fish with the wind coming from behind. Last week some decent sole were caught and some big dabs. The only risk is the weed.

DUNGENESS: I will stick my neck out and say the 'cod' word. I will be very surprised if I don't get a few 'unusual' or unseasonable reports this week while bass could be magic.

DENGEMARSH & GALLOWAYS: After a south westerly blow there are no better bass surf beaches. One of my regulars fishing at Galloways had 16 bass at two to four pounds in one session.

JURY'S GAP: Again it should be bass in the surf but it could be difficult in these weather conditions if the wind really blows.

BOAT FISHING: If the boats can get out this week, water will be well coloured with these weather conditions. Local dinghy anglers could do a lot worse than fishing rough ground at the East Roads. If the wind allows the charter boats to get afloat they will keep going to the Bullock Bank or rough ground around the CS3. Black bream should be moving in, the rough ground around the 'Annie Oakley' just off the Roar Bank could produce.



INTENT: Striker Adam Birchall (left) has already made an impact at Crabble with a goal on his debut and he could be joined by Nicky Southall if he signs this week

Birchall gives big boost to Whites' attacking options

FOOTBALL

■ BY **TOM HOWARD**

NEW signing Adam Birchall gave Dover Athletic fans a glimpse into the future with a goal on debut and Andy Hessenthaler believes the capture is a signal of intent to the Conference South.

The former Barnet striker joined the club last week and didn't waste time opening his account, scoring against Maidstone United in a 3-1 pre-season victory.

Bringing the 24-year-old striker to Crabble has significantly boosted the Whites' attacking

options. Although the club are preparing for their first season in the Conference for six years, the Dover boss is ruling out a year of consolidation.

He told Yourdover: "Adam's goal was great. It was a great finish and I have seen him do that many times at Barnet. That is what he brings to us. We are working hard to build a squad which we believe can compete in the Conference South."

"People are making us favourites and as far as I am concerned I am not looking at that. We have to just concentrate on ourselves. The word consolidation is not in my book. We are going out there to compete and have a right go. If we can get a good momentum going early on then we will have a real chance of winning the league."

Hessenthaler's Whites were back in action on Saturday with a lacklustre 1-0 defeat

against Ryman South side Sittingbourne. Former Gillingham favourite Nicky Southall was again in the starting line-up to boost hopes he will sign permanently, but there was little else for Whites fans to get excited about.

French trialist Augustine Biaye did not feature but after a decent showing at Maidstone and in a 2-1 defeat to Croydon on Thursday he interests Hessenthaler.

He said: "He got off the plane at 6pm [last Tuesday] and to be fair to him I thought he did okay. If he had scored the long range shot he had I think I would have asked the chairman to get his cheque book out. He has definitely got something to work with."

Dover were at home to Hayes & Yeading last night. Log on to www.yourdover.co.uk for the report. They visit Herne Bay tonight ahead of Saturday's home game against Wycombe Wanderers.

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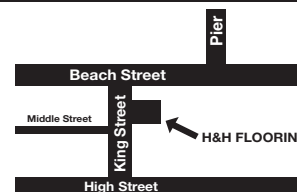


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Enjoy your barbeque in safety

WHAT better way to enjoy a balmy evening than some healthy barbecue food with friends?

Just don't become one of the 965 cases of people in east Kent turned up at accident and emergency with food poisoning last year – that doesn't include those who suffered nasty fire-related injuries either!

When you're cooking on a barbecue, make sure you:

19. Place your barbecue on a level surface, away from plants and trees.
20. Cover the bottom of your barbecue with coal to a depth of no more than 5cm (2in).
21. Use only recognised firelighters or starter fuel, and then only on cold coals.
22. Wait until coals are glowing red with a powdery grey surface before you start cooking.
23. Wash your hands every time you touch raw meat and keep it separate from other foods.
24. Properly thaw frozen meat before you cook it.
25. Turn meat regularly and move it around the barbecue to cook it evenly.
26. Remember that meat is safe to eat only when it is piping hot in the centre, there is no pink meat visible and the juices are clear.
27. Keep prepared food in the fridge wherever possible and don't leave it out in the sun.

Avoid bringing back the worst kind of souvenir

A sexually transmitted infection (STI) or unintended pregnancy can be the worst kind of souvenir to bring home. Last year, more than 2,500 sexually transmitted infections were diagnosed in east Kent genitourinary medicine clinics.

28. Always buy a pack of condoms in addition to your normal contraception.
29. Vomiting, diarrhoea, and some medicines, including some antibiotics and some anti-malaria drugs can make the contraceptive pill and some contraceptive implants less effective so always use a condom to help protect against pregnancy and STIs.
30. Only buy condoms with the CE mark on the packet.
31. Keep condoms away from oil-based products such as suntan lotion, baby oil and lipstick.
32. Store condoms in a cool, dry place.

*** For more help and advice on safer sex, visit your pharmacist, call Sexual Health Direct on 0845 122 8690 or go to www.condomessentialwear.co.uk**

A real stinger

For most people, stings and bites from insects are painful but harmless. However, if you also experience symptoms anywhere else you may be having an allergic reaction and should seek emergency medical treatment.

33. Remove the sting as soon as possible with your fingers or tweezers.
34. Bee stings have a poisonous sac so take care not to puncture it as you remove the sting.
35. Wash the area with soap and water.
36. Put a cold flannel on the area.
37. Raise the part of the body that has been stung or bitten to prevent swelling.
38. Use a spray, or cream, containing local anaesthetic or antihistamine on the affected area to help prevent itching and swelling.
39. Take painkillers, such as paracetamol (if the sting or bite is very painful).
40. Don't scratch the area, as it may become infected.
41. Consult your GP if redness and itching does not clear up after 48 hours.

Have fun outdoors in safety

Summer is a great time for children to get out and experience the world around them. You do need to be aware of safety issues, but this isn't a reason to stop children enjoying activities.

42. Nominate a responsible adult to supervise the children at parties and barbecues.
43. Make sure one adult stays sober to supervise the children.
44. Ask hosts to place medicines and cleaning products out of sight and out of reach.
45. Check the garden regularly for potential hazards, such as tools, ponds or water butts.
46. If children are around barbecues, watch that they don't get too close to hot surfaces.
47. Protect your child from the sun.
48. Be safe around water with your child.
49. Consider taking a first aid course.
50. Follow all these simple steps and you be guaranteed a fun and action-packed summer in the sun.

**For more help and advice visit your local pharmacist,
call NHS Direct on 0845 46 47 or go to www.nhs.uk**

take the...



right...



steps to...



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stay safe